

FEBRUARY 28-MARCH 6, 2021

# SUNDAY POST

HERE . NOW



WORLD WILDLIFE DAY – MARCH 3

# The Green Champions

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COVER STORY



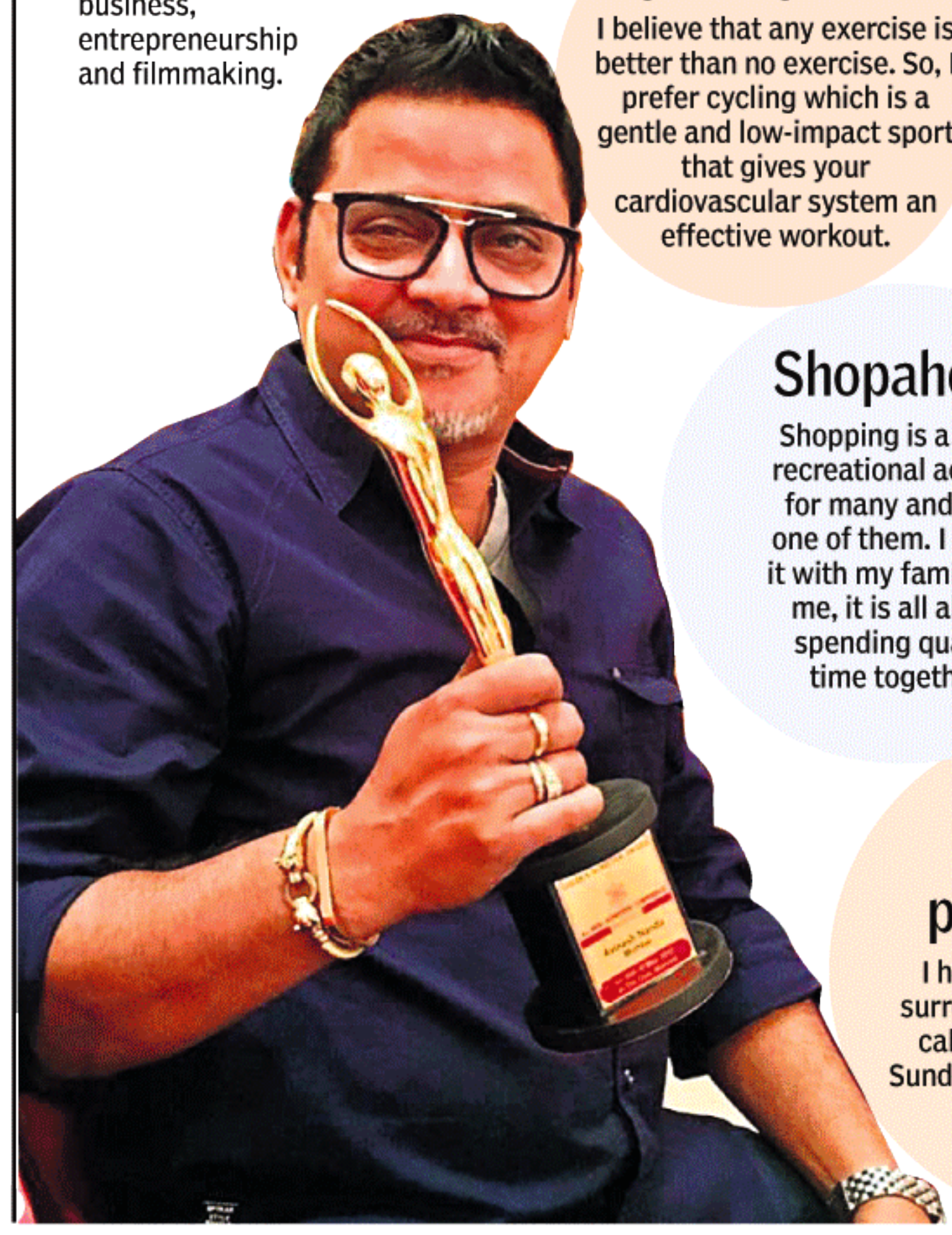




**Ad film director Avinash Nanda needs no introduction. He has so far directed more than 450 TV commercials and his film Silver Gandhi recently bagged the first prize at the prestigious SRFA Cannes Film Festival. The maverick filmmaker, in his leisure time, loves to cook some traditional food for his family.**

**Insatiable reader**

Reading books is something which I enjoy the most when I am free. My collection comprises books of different genres but I prefer to read the ones on business, entrepreneurship and filmmaking.



●●● RASHMI REKHA DAS, OP



With veteran actress Aparajita



With actress Preeti Jhangiani

**Cyclist by choice**

I believe that any exercise is better than no exercise. So, I prefer cycling which is a gentle and low-impact sport that gives your cardiovascular system an effective workout.

**Expert chef**

I don the chef's apron when I don't shoot on Sundays. I am good at cooking Chinese dishes but mostly go for rice and traditional mutton curry to treat my family.

**Shopaholic**

Shopping is a good recreational activity for many and I am one of them. I go for it with my family. For me, it is all about spending quality time together.

**Moviegoer**

I am fond of good Odia movies. I make sure to watch one in the theatre if I am in Odisha.

**Domestic participation**

I have aversion to untidy surroundings. Be it floors or cabinets, I clean them on Sundays and this has become a hobby.



**WhatsApp This Week**

**Only on Sunday POST!**

Send in your most interesting Whatsapp messages and memes received to: [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com)  
And we will publish the best ones

THE BEST MEMES OF THIS ISSUE

- I hope the weather is good tomorrow for my trip to the Backyard. I'm getting tired of the Living Room.
- Never in a million years could I have imagined I would go up to a bank teller with a mask on and ask for money.
- I can't believe I got fired from the calendar factory. All I did was take a day off.
- Most people are shocked when they find out how bad I am as an electrician.

**BOON FOR HARVESTERS**

Sir, I read the cover story 'Ocean Matters' at a stretch. It was an informative piece. I was not aware of the fact that seaweeds are so helpful for our environment also. Sea farming through large scale seaweed cultivation can be developed as an alternate and additional means of livelihood for the people inhabiting the India's vast coastal areas.

**RAJENDRA SENAPATI, ERASAMA**

**TIMELY PIECE**

Sir, Your cover story Ocean Matters describing about seaweed cultivation in seawater is a timely write-up which opens up new avenues on job creation and in improving the economy in the coastal area. The immense benefit of seaweed which is used as a food, fodder, fertilizer and medicines since ancient times can be tapped to establish a variety of industries. The Centre and state government should look into this aspect and encourage the entrepreneurs.

**SAMEER BARIK, ASTARANGA, PURI**

**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)  
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WORLD WILDLIFE DAY – MARCH 3

# THE GREEN CHAMPIONS



Popularly known as Tree Man of coastal Odisha, techie Amaresh Naresh Samanta has developed 20 small forests in rural parts of Jagatsinghpur and Kendrapara districts to arrest fading green cover

RASHMI REKHA DAS, OP

Every year, World Wildlife Day (WWD) is celebrated March 3 to create awareness on protecting wildlife and plants. Wildlife, which has a strong link with forest, plays a vital role in balancing the environment. A study reveals that about eight thousand years ago half of the Earth's land surface was covered by wooded areas. Today, it has been reduced to less than one third. Forests are home to 80% of the world's land-based biodiversity and medicinal plants worth billions of dollars are harvested from tropical forests every year. Besides, crores of people heavily rely on forest goods for their livelihoods. The theme of World Wildlife Day this year is --Forests and livelihood: Sustaining people and planet. Ahead of this day, some prominent wildlife activists of Odisha share their thoughts with **Sunday POST**.

Jeypore-based wildlife rescuer **Krushna Keshaba Sadangi** has rescued more than 1,600 birds including 47 barn owls, 700 bush quails, 400 parakeets, 17 peafowl and 14 kingfishers. Apart from this, he has rescued 6,000 snakes, 300 mammals of 12 species and many other animals.

Krushna says, "Forest and wildlife are interlinked as there are few species who help in regenerating forest like elephants, foxes and fruit bats. And there are animals like tigers, leopards and bears who indirectly



protect the forest. Because of these wild animals, plunderers fear to enter the forest. But large scale poaching of these animals by timber mafia has contributed to the destruction of ecosystems. Besides, in our quest for a life of luxury, we don't hesitate to make the forest dwellers homeless. In the ancient times our predecessors lived in jungles. They had no option but to hunt animals for their survival. But these days, people kill animals for pleasure in the name of sport hunting. Some are also there who hunt animals to trade their flesh. Elephant deaths due to electrocution and poaching are on a steady rise. More than 1,000 elephants have died in the last 20 years. It's high time the state government should chalk out strategies to combat the issue and protect forest as well as wildlife."

He further adds: "We need to change our behaviour. It is high time we thought about preserving the forest resources for our next generation. So we need to leave the forest undisturbed so that animals can live happily."

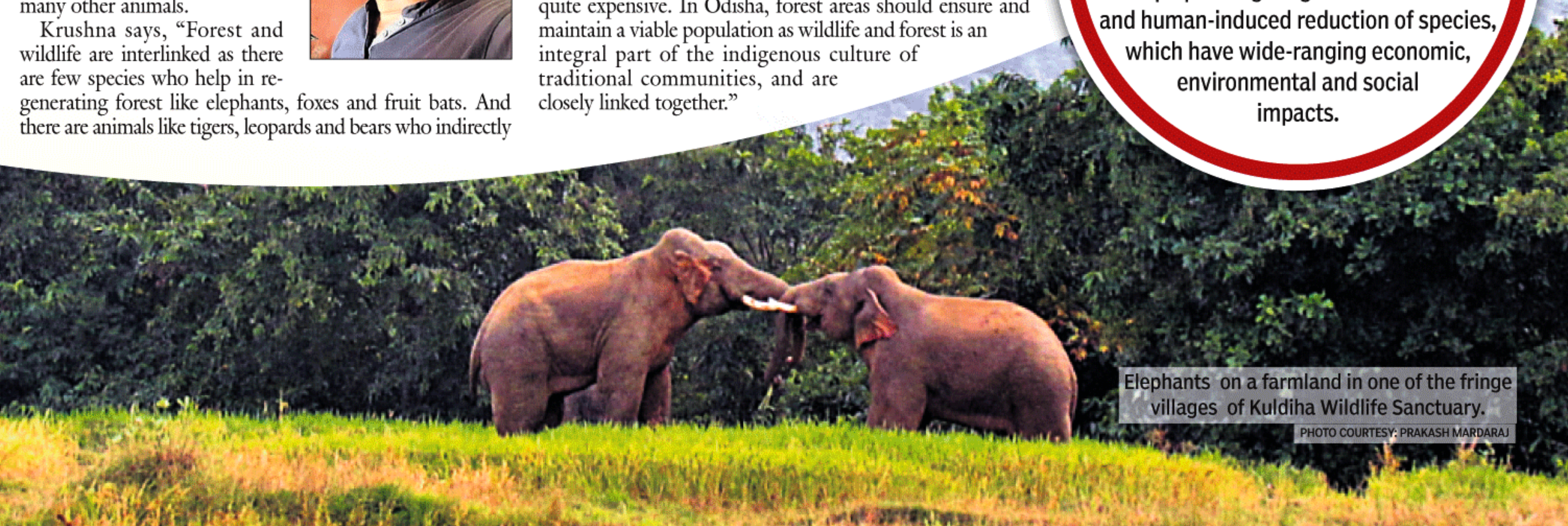
**Akash Ranjan Rath**, former honorary wildlife warden of Puri, says "Forests are producers as well as protectors of several natural resources. Forests boost ecosystem productivity where each species, no matter how small, have an important role to play. Greater species diversity ensures natural sustainability for all life forms. Healthy ecosystems can better withstand and recover from a variety of disasters. As we dominate this planet, we also need to preserve, protect and regenerate the forest biodiversity. A healthy biodiversity provides a number of natural services for everyone. We get a lot of services free from forest. So the cost of replacing these is quite expensive. In Odisha, forest areas should ensure and maintain a viable population as wildlife and forest is an integral part of the indigenous culture of traditional communities, and are closely linked together."



**Himanshu Nayak** started a plantation drive titled Green Parikud to develop greenery in and around Parikuda, an island within Chilika lake in 2015. Later, he extended his area of operations to other parts of India also. Nayak, who is an environmentalist by passion and banker by profession says, "Forests play an important role in balancing ecosystems. People residing inside the forests and fringe areas rely on forest produce for their livelihoods. About 70% of India's rural population depends on firewood for their household cooking. However, forests, forest species are facing various environmental crises due to deadly effects of climate change such as droughts, change in rainfall pattern, floods and cyclones. But as we move into the middle part of the 21st century, the biggest future threat to plants and animals is climate change. About a million plants and animal species now face extinction. Continuous loss of biodiversity makes humankind face ecological, social, and economic problems."



World Wildlife Day is an opportunity to celebrate the many beautiful and varied forms of wild fauna and flora and to raise awareness of the multitude of benefits that their conservation provides to people. The Day also reminds people of the urgent need to step up the fight against wildlife crime and human-induced reduction of species, which have wide-ranging economic, environmental and social impacts.



Elephants on a farmland in one of the fringe villages of Kuldiha Wildlife Sanctuary.

PHOTO COURTESY: PRAKASH MARDARAJ





Krushna Chandra Biswal at a palm farm



Olive Ridley Turtles during a nesting season  
Photo courtesy: Akash Ranjan Rath

Retired army jawan **Krushna Chandra Biswal** of Gundalba village under Astarang block in Puri district is one of the green crusaders whose effort had been appreciated by Chief Minister Naveen Patnaik. He has forested a locality by planting around 50,000 palms saplings, which are believed to protect human lives by absorbing lightning strikes. These trees are the homes to baya weaver, a disappearing species and other animals. He has also taken initiative to plant various fruit-bearing trees and shrubs in the village forest to address the food scarcity issues of the wild animals and birds.



He says, "Wildlife is an integral part of our ecosystem. It is a matter of great concern that some species of wildlife have been already extricated while some others are facing extinction. Such extinction of species has become a matter of concern. Preservation of wildlife is of great importance now. For preservation of wildlife restoration of forest is mandatory because without forests wildlife cannot exist. We should therefore do our bit for environmental protection to save both wildlife and forest."

Today, Lunukula village has 500 varieties of trees, thanks to efforts of **Amaresh Naresh Samanta** who created a Gramya jungle on a stretch of three acres of land. Popularly known as Tree Man of Coastal Odisha, Amresh, an engineer by profession, has created 20 small forests in rural parts of Jagatsinghpur and Kendrapara districts to arrest depleting green cover. He maintains "Wildlife is crucial for economic and scientific progress of a nation. It assists in preserving the ecological balance of nature and maintains the food chain. But we cannot imagine wildlife in the absence



of forests. Our primary work should be to preserve natural forest. Human beings should stay away from wildlife and forests to maintain their pristine beauty. There should not be human interference at all. Humans are now responsible for causing changes in the environment that hurt animals and plant species. We take up more space on earth for our necessities. We pollute habitats. We kill animals for our pleasure. Human activity often destroys the habitats that plants and animals need to survive. Because human populations are growing so fast animals and plants are disappearing faster."

**Prakash Mardaraj**, former honorary wildlife warden of Balasore Wildlife Division is of the opinion that World Wildlife Day should not be celebrated on March 3 only. "We should celebrate the day everyday by doing our bit for them. But we take oath on March 3 to make this earth safe for them. Earlier, we had the Ministry of Forest and Environment to look after the issue. Now, we have the Ministry of Forest, Environment and Climate Change to address the issues pertaining to forest and wildlife. At a time when ecosystem and ozone layers are declining, we should not solely blame the concerned department for the disappearance of endangered species. Every human being should chip in for the protection of wildlife and forest because survival of human beings will be difficult without them. Forest department has launched several projects



like Project Tiger, Project Crocodile, Project Elephant and Project Olive Ridley. We should have concern for wildlife. There is no doubt that human civilization has had a negative impact on biodiversity, particularly since the industrial revolution. Urban sprawl is another important reason behind shrinking wildlife populations. And for that everyone has to develop an eco-friendly attitude."



Amaresh working in one of his small forests

## THEMES

- 2021:** Forests and Livelihoods: Sustaining People and Planet
- 2020:** Sustaining all life on earth
- 2019:** Life below water: for people and planet
- 2018:** Big cats – predators under threat
- 2017:** Listen to the young voices
- 2016:** The future of wildlife is in our hands, with a sub-theme "The future of elephants is in our hands"
- 2015:** It's time to get serious about wildlife crime



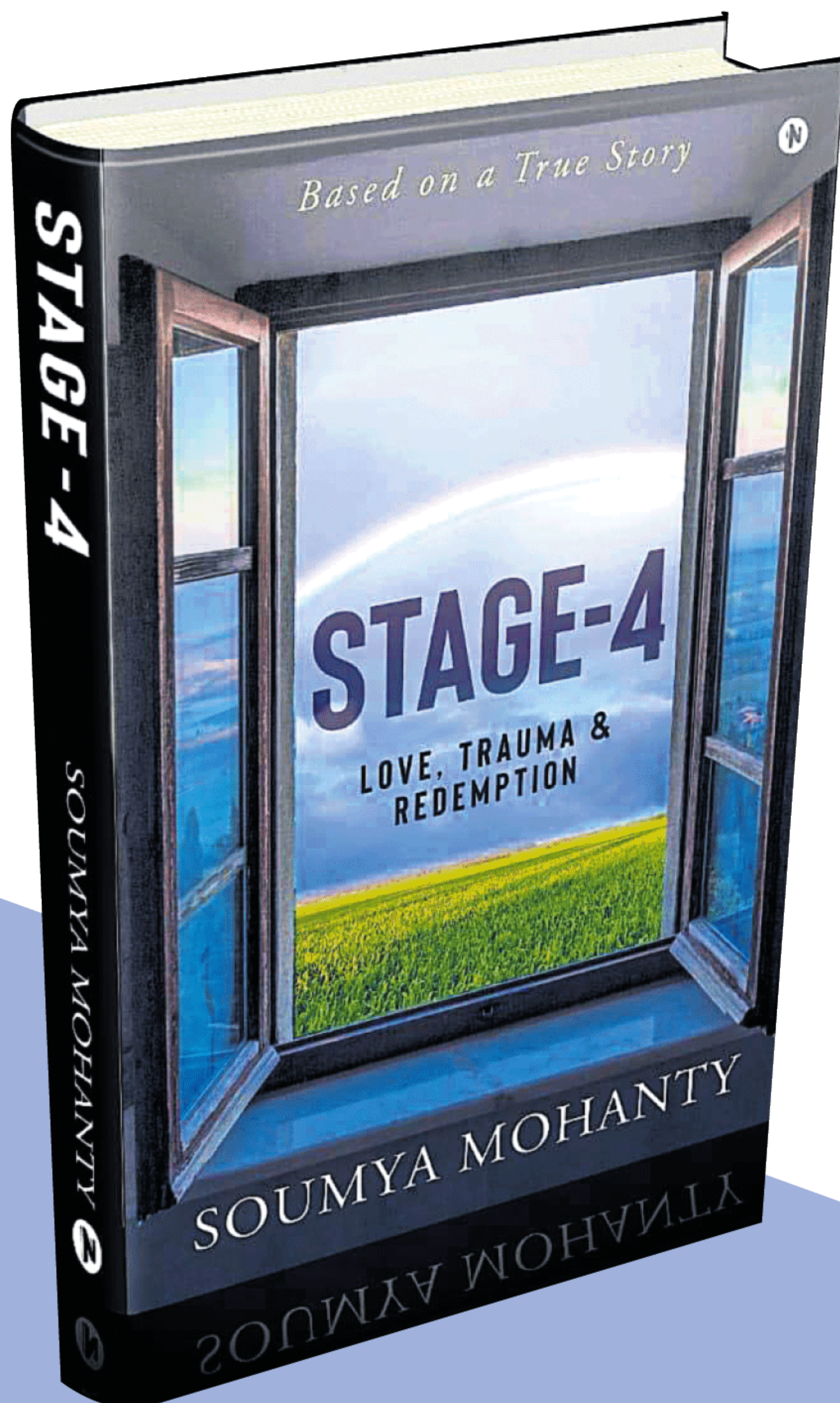
Mating of Horseshoe crabs at Budhabalanga river mouth in Balasore.

PHOTO COURTESY: PRAKASH MARDARAJ





# When death is a motivator



POST NEWS NETWORK

The spirit of love, care, affection and the zest for life despite suffering from a disease like cancer are what form the epitome of this lovely tale by a husband (the author) who lost his beloved wife Rupa. The book revolves round the experiences of life, highs, lows and professional challenges, the recession in IT industry and how a sweet couple, madly in love with each other, manages to overcome all, with a unique stride.

The book is a lesson for all readers who narrate their petty tale of depression, anxiety, bad luck and life's odd chapters, but a beautiful volume of inspiration for those, who always think positive and despite all challenges preserve the spirit of the love, companionship and promise for each other, made from the early days of their friendship/courtship!

The name *Stage-4* was chosen by Soumya Mohanty as his wife was diagnosed with that stage of the seemingly incurable health menace, but it seems appropriate as the small title conveys the great story in a spread of nearly 290 pages of detailed account of their love, life and untimely separation (following Rupa's death).

Soumya is a techie with an independent mind and after having a very promising professional career with several top ranking MNCs in the IT sector he settles down to form his own company. His loving wife Rupa, his 'best friend ever in life till the end' supported his all steps and she also sacrificed her own professional career to see her hubby as an extremely successful IT entrepreneur.

Set in the Temple City Bhubaneswar, Kolkata, IT Bangalore and for some medical consultation with the City of Dreams, Mumbai, *Stage-4* is a lovely chronology of love's birth, childhood, youth and sad disappearance in the peak of the life due to the disease. However, the narration of the author without having earlier writing experience has been a tremendous success in terms of the quality, describing the situation and last but not the least, telling all with an eye for details.

*Stage-4* will be a great book for those in their prime of love,

beginning of their conjugal life, script writers going after stories and ideas to have a great plot and also film makers to create a marvelous story in the reel life from the real-life situation. It might be a treat for those, who want to

**Book Title:** Stage-4

**Author:** Soumya Mohanty

**Publisher:** Notion Press

**PP:** 286, **Price (INR):** 320

experience twist in the tale and find hope despite a fatal consequence towards the end.

In a time when family values are dwindling away in the world of 'nuclear sociology', *Stage-4* is a wonderful model of true family values, friends helping each other, siblings coming to the rescue of their younger counterparts and how many doctors are also helping out patients in their difficult times and understanding their needs.

The author, a state-level Chess player once, who had fallen victim to nepotism and later could not join a film school or become a music composer/director becomes very much successful in life and love, but the happiness did not last longer. However, he never lost his cool except some two three occasions during the hospitalisation of his beloved wife and maintained a harmony with other who came across their lives.

*Stage-4* is a lovely account of powerful story-telling by a debutant writer, who could take the credit of creating a masterpiece for his wife just as the great Moghul Emperor Shah Jahan did with white marble stones on the banks of Yamuna for Mumtaz, in Taj Mahal. The story is unstoppable till the end once you get weaved through the narratives of the writer's life-events and how tragedies could come encroaching and suffocating all our efforts to put the steps forward.

As a great cause the author also wishes to spend the proceeds from the sales of the book for the women and kids affected with cancer and to create awareness on the disease.



# Kriti has her kitty full in 2021

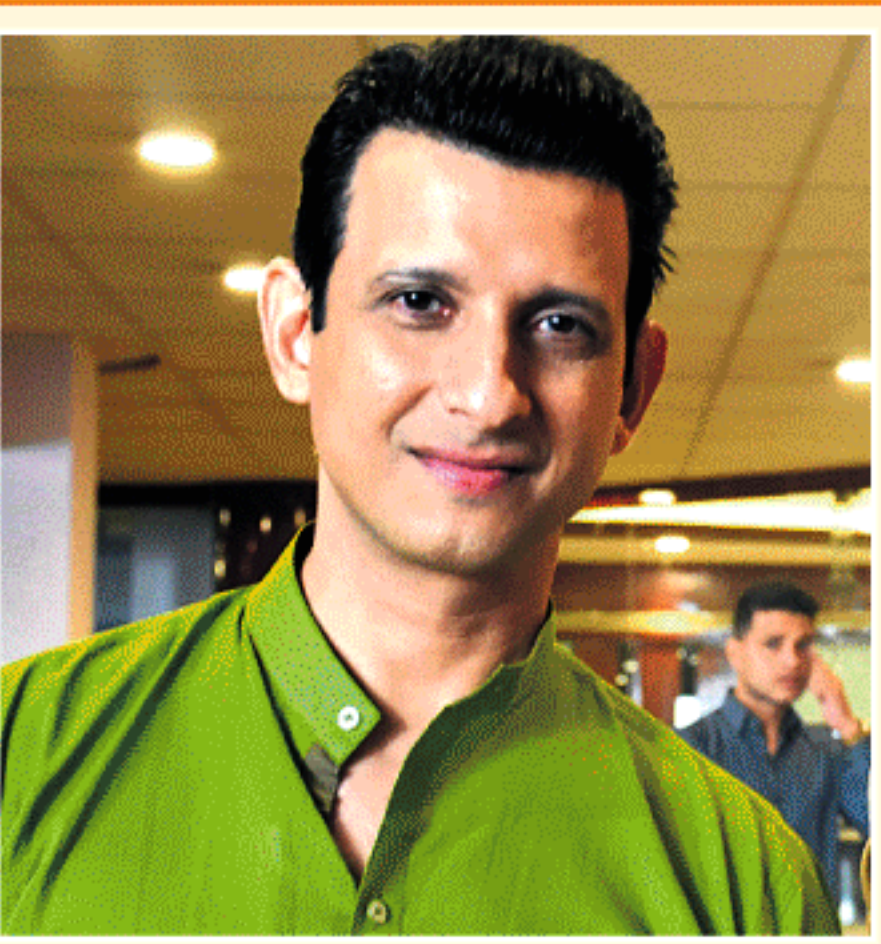
Actress Kriti Sanon has a packed year ahead, with five films scheduled to release. Her projects are at different stages of production, boast of either big production houses or new genre or high expectation from fans owing to commercial value.

Over the next few months, she will be seen in *Bachchan Pandey*, *Mimi*, *Adipurush*, *Bhediya* and *Ganpath*. The varied assortment, you would think, would weigh her down with pressure. The actress has no time for pressure, or be scared.

"I don't think you can be scared and cautious and still move ahead in your career. Fear pulls you back. Once I know why I am doing a project, there is no fear. You like the film, the storyline, the scene. You know you are doing something slightly different. Ok, it can be experimental but that is your reason for doing it then," Kriti said.

"I believe in all the films I am doing right now. Beyond that, my job is to do my part really well and work hard for it. The rest is not really in my hands," shared the actress, who had made her debut with 2014 film *Heropanti*.

IAN S



## Sharman-starrer Fauji Calling in cinemas March 12

Actor Sharman Joshi has recently confirmed the release date of his upcoming film *Fauji Calling*. The film will release in theatres March 12.

"A Fauji faces the enemy, but the family sacrifices! Join a family in search of their Fauji & celebrate the spirit of Indian Army. @CallingFauji reporting in cinemas on 12th March 2021! (sic)," Sharman tweeted along with the poster of the film.

The actor will be seen alongside Mugdha Godse in the action drama. The story revolves around the trauma and challenges faced by families who lose their loved ones at war.

The film is directed by Aaryan Saxena. IAN S



## Shilpa flaunts 'rockstar vibes' in Maldives

Actress Shilpa Shetty Kundra is enjoying a cosy vacation with husband Raj Kundra in Maldives. She shared a vignette from her holiday on Instagram recently.

In the image, Shilpa wears a bathrobe with the word 'Rockstar' written on the back.

"Was this made for ME? Rockstar vibes!" the actress wrote.

Kundra shared a couple of photos, too, clicked together with Shilpa, and wrote: "With the love of my life in paradise!"

Shilpa is currently all set to return on screen this year, with *Hungama 2* and *Nikamma*. Her last starring roles were in the 2007 releases, *Apne* and *Life In A Metro*.

IAN S

## Zendaya reveals about her attractions

Hollywood star Zendaya says kindness is a quality she really appreciates in a person. Zendaya's assertion came when she was asked about the qualities she would like in man.

"I most like in a person, how about that? It's such a big question. What is the quality I most like in someone? I would say, 'kindness' is kind of not the best way to describe it, but some people are just good people, and you can just feel it," Zendaya said on Vanity Fair's *The Proust Questionnaire*, reports *femalefirst.co.uk*.

"I don't know how to explain that, but there's this little spark they have, or this little special thing that they have, that just you feel safe and happy around them. I don't know what that is, but some people have it, and it's special," she added.

The actress was later questioned what quality she most likes in a woman. "Well, I guess that's the same answer," she replied.

IAN S







# SPONGY DELIGHT

## POUND CAKE

### Ingredients

- Oven Temp: 160C-300F
- Maida: 2 cups
- Butter (240 gm): 1 cup
- Sugar (240 gm): 1 cup
- 4 eggs
- Baking powder: 2 tsp
- Vanilla essence: 2 tsp
- Salt: 1/4 tsp
- A baking tin 8 inch

### Procedure

**M**ix butter, sugar, vanilla and eggs. Beat well together. Mix salt and baking powder with the maida (flour) and add to the butter mixture. Beat well together and transfer to prepared tin. Bake in a pre-heated oven for 30-35 minutes.



## MOIST CHOCOLATE CAKE

### Ingredients

#### DRY INGREDIENTS:

- Flour: One cup
- Sugar(powdered): 1 cup
- Cocoa powder: 1/2 cup
- Baking powder: 1 tsp
- Baking soda: 1 tsp
- Salt: 1/2 tsp
- Coffee powder: 1 tsp

#### WET INGREDIENTS:

- Oil: 1/2 cup
- Hot water: 1/2 cup
- Cold milk: 1/2 cup
- Vanilla essence: 1 tbsp
- 1 egg (whisked for 1 minute)

### Procedure

**P**re-heat the oven at 180 °C. Grease a baking tin with some vegetable oil. In a bowl sift together flour, sugar, cocoa powder, baking powder, baking soda, salt and coffee powder. Keep aside. In a bowl whisk together 1/2 cup oil and 1/2 cup hot water till well blended. Let it cool down a bit. Once done add the milk and vanilla essence. Mix well. Add the whisked egg. Now mix gradually pour the wet ingredients into the dry ingredients and whisk them together. Pour it in a greased tin. Bake it for 35-40 minutes at 180 °C or till the toothpick inserted comes out clean. Smother some chocolate ganache/ sauce if you want to or you can eat it like this.



Ayushi



PHOTO CREDIT : DEVI MUKHARJEE