

NOVEMBER 14-20, 2021

SUNDAY POST

HERE . NOW



CHILDREN'S DAY SPECIAL

Big things in small packets

P 3,4 COVER STORY



Dipti receiving an award from Raveena Tandon



With playback singer Antara Chakraborty

Popular singer Dipti Rekha Padhi, who recently has bagged the State Film Award for 'Ye Keun Rutu' from the movie 'From Me To You', loves to go on a shopping spree with her husband

Connecting With Fans

I take to Instagram and YouTube to answer the queries of my fans and give updates on my upcoming projects.

Plant Lover

I love flowering plants. Spending time digging the soil to transplant new trees and taking care of old plants is my favourite pastime.

Impulsive Shopper

I love to go on a shopping spree with my husband. Sunday is the only day when we manage to take time off from our busy schedule and shop together.

Donning Chef's Apron

I love to don chef's apron on this day and cook everyone's favourite mutton curry in traditional style. I don't mind revealing that the strong flavour of the dish leaves mouths watering.

Morning Riyaz

Being a professional singer, morning riyaz is part of my daily routine and Sundays are no exception. The session not only takes care of my voice, it creates a positive vibe also.

Fitness Fanatic

I take fitness seriously and never miss my yoga session even Sundays. It helps me reduce stress and works as an ideal antidote to my hectic lifestyle.



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

- Got a new phone today, my old one failed in the swimming test.
- I love my haters because they make me famous.
- 204 countries, 805 Islands, 7 seas, billions of people and I'm still single.
- Thank god there is no Hindi version of WhatsApp otherwise 'Last Seen' would be 'Antim Darshan'.



PROMOTING STORYTELLING

Dear Sir, It was a pleasant surprise to see my favourite author Sulagna Mohanty in 'My Sunday'. Despite having a doctorate degree in English, the Bangalore-based storyteller writes in Odia to promote her mother tongue. That's not all. She also raises funds for HIV positive children. It won't be an exaggeration to say that Sulagna has revived the dying art of storytelling through Sulagna Speaks in FaceBook. This is a skill not too many people have proficiency in. For today's generation, storytelling has no meaning thanks to their addiction to the Internet and social media. The children are spoilt for choices, so are the seniors. At a time when many mothers are often seen busy with FaceBook and WhatsApp, Sulagna's works certainly infuse a fresh lease of life into the art.

SREEMA PANIGRAHI, 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 B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948



CHILDREN'S DAY SPECIAL

Big things in small packets

Kids with incredible skills were not noticed earlier but the advent of digital technology coinciding with the evolution of social media has brought to the fore talents who have accomplished unbelievable feats

RASHMI REKHA DAS, OP

November 14, Children's Day is celebrated across India to pay tribute to India's first Prime Minister Jawaharlal Nehru who believed that every child is special in some way or the other and we just need to identify their talents. While kids with incredible skills earlier were not noticed, the advent of digital technology coinciding with the evolution of social media has brought to the fore talents who have accomplished unimaginable feats. So much so, that they have made the famous quote - *Big Things Come In Small Packages* - a part of their lives. On Children's Day, **Sunday POST** highlights the achievements of a few such child prodigies who have made Odisha proud with their accomplishments.

Venkat Raman - Jack of many trades

The world runs on software but mastering software coding is no child's play. However, 8-year-old Venkat Raman Patnaik from Bolangir made it so. Recently, he has cleared the Microsoft Technology Associate Examination in Java, Javascript, Python, HTML, CSS and database administration fundamentals. It is a globally recognised certification for those who want to embark on a career in technology. Already identified as a master computer programmer, Venkat had developed an app *Let's Reward Kids* for shaping a desired behaviour among kids when he was barely six. Also, he was invited to visit Google's head office, California for developing apps after winning Silicon Valley Challenge. He was later certified by WhitehatJr, an organisation that offers online coding classes, as a mobile app developer and complex coder in just eight months. This apart, his name is registered in India Book of Records as the youngest child to develop Gas Leakage Safety alarm tool to avoid accidents due to gas leakage. Venkat was also in the limelight after his 45 minutes lecture to 450 first year engineering college students of Chennai Institute of Technology (CIT) in a bridge course called 'CATAPULT 2020' programme held October 9, 2020. This event was conducted online by CIT.

Of late, Venkat has cleared the Microsoft Technology Associate (MTA) Examination, a globally recognised certification sought by those interested to pursue a career in technology. He also has bagged the Citizen Scientist award by NASA.

Venkat's father Kuldeep Patnaik, an ex-banker, says, "When Venkat was five, he started taking interest in learning different

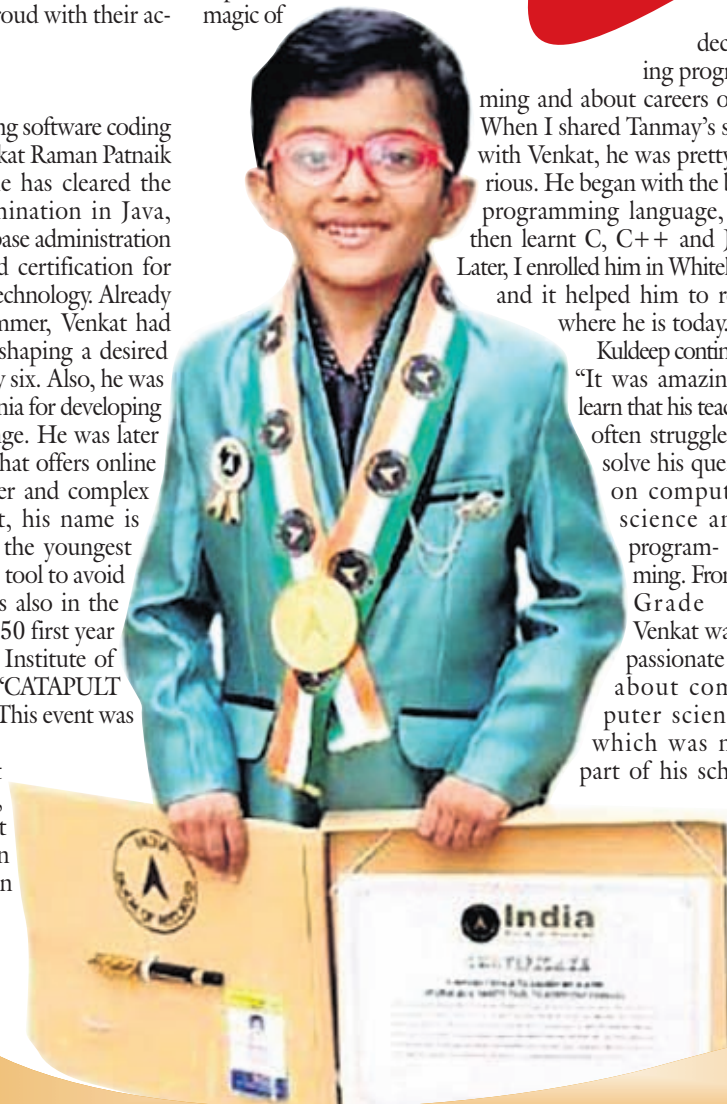
languages and remembered them quite easily. Now he has proficiency in five languages - Odia, Hindi, English, French and Spanish. He also showed keen interest in computer programming. So, I arranged for his training in programming. Meanwhile, I came to know about Tanmay Bakshi, the youngest IBM programmer and TEDx speaker who, at the age of seven, had set-up a channel known as Tanmay Teaches which explained the magic of

decoding programming and about careers on it. When I shared Tanmay's story with Venkat, he was pretty curious. He began with the basic programming language, and then learnt C, C++ and Java. Later, I enrolled him in WhitehatJr and it helped him to reach where he is today."

Kuldeep continued: "It was amazing to learn that his teachers often struggled to solve his queries on computer science and programming. From Grade I Venkat was passionate about computer science which was not part of his school syll-

abus. We always wanted Venkat to pursue his passion apart from education. So, we home-schooled him so that he could follow his passion along with education."

This year Venkat participated in Astro Space Camp organised by Dhruva Space, a national award-winning space technology startup. Besides, he got a chance to visit Skyroot Aerospace in Hyderabad and meet its COO Naga Bharat Daka which he calls one of his joyous moments in life. Venkat wants to be a space scientist in future following the footprints of renowned space science entrepreneur Elon Musk and his father says he is sure the dream will come true some day.



Venkat with his parents



Sriyank - The Youngest Proficient Recaller

At a time when most children below 10 years often find it difficult to spell names of countries properly, seven-year-old Sriyank Padhy from Jeypore (Koraput) can tell the currency names of 157 countries in just two and half minutes. For his incredible memory power, Sriyank has got place in India book Records, Asia Book of Records and Magic Book of Records. Apart from this unique ability, he can tell the names of folk dances of all Indian states and Union Territories in 34 seconds.

On grooming Sriyank, mother Swapna Hota, a primary school teacher, says, "He could memorise difficult things at an early age. It was then I decided to take him under my tutelage. I spent my leisure hours with Sriyank asking him to remember currencies of different countries but without putting him under pressure. He memorised the currency names in a span of one and half months.

I also asked him questions on general knowledge when I was not occupied. His

Spring Girl Priya Priyadarshini

Four-year-old Priya Priyadarshini Nayak from Nayagarh is the youngest yoga practitioner of Odisha. She can perform difficult postures such as Bhunamanasana, Vrshchikasana, Chakrasana, Padahasthasana, Paschimottanasana, Sadhana Pada Sanchalana and Padahasthasana with ease. She can do as many as 40 asanas. Her extraordinary physical ability has been certified by the India Book of Records and Asia Book of Records.

Known as Spring Girl in her village Rajsunakhala, yoga has been Priya's passion from her early childhood. However, it was his father Bijay Kumar Nayak who spotted Priya's talent and honed the skills. The efforts paid off and she made it to the Asia Book of Records and India Book of Records. Bijay says, "I always wanted to make a name in the field of yoga and gymnasium. Due to several constraints, I couldn't realise my dream. I wanted my elder daughter to learn the skill but she too seemed disinterested. However, Priya, the younger one, took interest in yoga when she was barely one. Seeing her interest, I trained her and she surpassed my expectations by performing complex asanas without any difficulty. I used to give her oil body massages to increase her flexibility and make her practice yoga every day for half an hour. That, perhaps, has made her master all difficult asanas by the time she turned

sharp memory made him earn Grandmaster Certification from Asia Book of Records for reciting the folk dances of all Indian states and Union Territories in 34 seconds and bag Youngest Proficient Recaller Award by the Magic Book of Record in June in 2021 at the age of seven years."

The Class II student aspires to become a doctor in future, adds his mother.



With parents

Raghavendra -The Spiritual Kid

Raghavendra is a little boy but his achievements are not small. As both of his parents are working, he usually spends most of his time in the company of his grandparents.

However, living with his grandparents turned out to be a blessing for Raghavendra.

During the lockdown, he listened to mythological stories from her grannies apart from watching *Ramayana* and *Mahabharata* on TV and learning hymns from them. And in no time, the four-year-old made his way to the India Book of Records.

Raghavendra, at the age of four, set the record as he recited 11 hymns and two Hindi rhymes, answered 18 general knowledge questions, sang two Hindi film songs, answered 20 questions on the *Ramayana* and 17 on Lord Krishna in just two minutes.

His mother Kalpana Sahu, a professor at an engineering college in Dhenkanal says, "Our son has the ability to memorise things easily and the credit for this goes to his maternal grandparents.

I am a job holder while my husband too works in a multinational company. We hardly get time to spend with our son. But

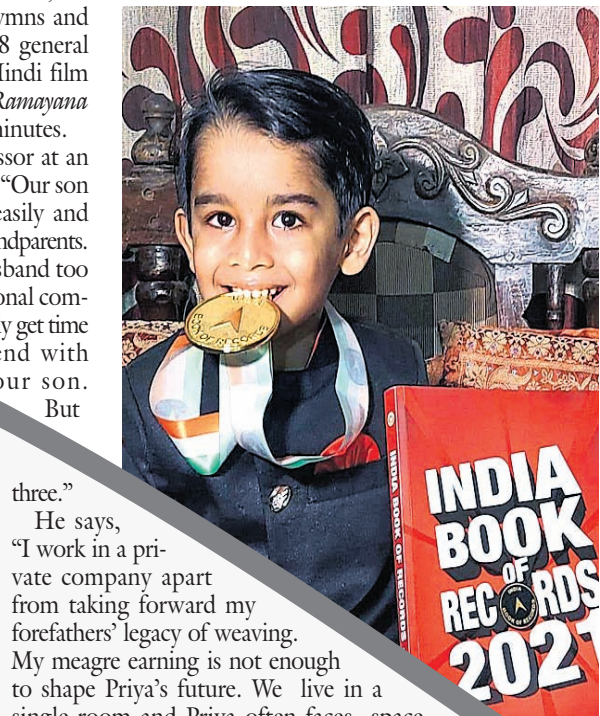
three."

He says, "I work in a private company apart from taking forward my forefathers' legacy of weaving. My meagre earning is not enough to shape Priya's future. We live in a single room and Priya often faces space crunch to practice yoga. After Priya shot to limelight, I met district collector of Nayagarh urging her to grant me a little bigger house under government scheme for Priya's better future. The collector, however, said the administration can provide gymnastic equipment for Priya but not a house. Had the government provided a house for yoga, Priya could have scaled greater heights. Due to lack of space, I made her practice yoga on the verandah. Meanwhile, I have contacted Palidoo, a Japanese yoga instructor to guide Priya."



my parents are always there for him. They tell him stories from *Mahabharata* and *Ramayana*. It won't be wrong to say that spending quality time with his grandparents has proven to be a blessing in disguise for Raghavendra."

Raghavendra, a nursery student of Grace KidZee pre-school, loves enchanting hymns and listening to songs sung by playback singer Jubin Nautiyal. "As Raghavendra is very good at reciting hymns, we worked on his skills. I believe that letting kids showcase their talents in their area of choice often helps them show their true potential. That apart, people who abandon their parents should realise that grandparents always play a big role in shaping the future of their children," says Kalpana.



THE RISING STAR

'DoP, director should get along like a married pair'



With Madhuri Dixit

After several years of trials and tribulations, Manoj Khatoj of Odisha, now one of the most sought after Directors of Photography (DoP) in Mumbai film industry, has managed to team up with top stars like Amitabh Bachchan, Shah Rukh Khan, Priyanka Chopra, Vicky Kaushal and the late Irrfan Khan

ARINDAM GANGULY, OP



With Shah Rukh Khan

Once you secure a degree from a recognised film institute, expectedly, the next big thing you plan is to make a foray into the Hindi film industry. Young Manoj Khatoj of Tarakor, a sleepy village about 10 km from the Sun Temple (Konark), is no exception. Armed with a diploma in cinematography from Biju Patnaik Film and Television-Cuttack, he too, like thousand others from across the country, landed in Mumbai oblivious of what fate has in store for him. It is said that the City of Dreams offers a chance to those who come here with a vision. Manoj also had his share of opportunities. Needless to say, he grabbed them with both hands. After years of trials and tribulations, he is now one of the most sought after Directors of Photography (DoP) in showbiz. The lad from Konark is literally rubbing shoulders with the biggest of names – Amitabh Bachchan, Shah Rukh Khan, Priyanka Chopra, Vicky Kaushal and several others. The leading DoP took some time off from his packed schedule to talk to **Sunday POST** on a host of topics:

Excerpts:

On career-changing moments

Though I had earlier worked with top stars like Mammooty in *The Power of Silence*, a Malayalam movie, the Salman Khan starrer *Notebook* in 2019 made all the difference and opened quite a few doors for me. People started recognising me as a cinematographer and there was no looking back after that. That was the defining moment for me.

On being Mohanan's protégé

I feel blessed to work with a mentor like Mohanan sir (senior DoP K.U. Mohanan). I learnt from him how to work at pre and post production stage with discipline. Also how to handle human resources and pressure situations, adjust the lighting flawlessly and coordinate with directors, producers, cast

and crew of a movie. These lessons helped me to make it to the next level.

On director-DoP relationship

Proper coordination between the director and the cinematographer is the key to the success of a project. Both of them have to understand each other's viewpoints and maintain honesty. This apart, the two, much like a married couple, should complement each other.

On collaborating with top directors

I have maintained good and professional relationships with all the directors I have worked with those including Farhan Akhtar, Rahul Dholkia, Nitin Kakkar, Bejoy Nambiar and others. All of them have their own perspectives of looking at things and I coordinate with them in my own way. I have never faced any difficulties. I have collaborated multiple times with Farhan Akhtar and his production house Excel entertainment. He is very witty and has a good understanding of movie making at international level.

On opportunities in Odisha

Sadly, Odisha doesn't attract too many filmmakers from other states to shoot their films here largely due to the state's poor infrastructure and lack of official support. We have good talents in Odisha but they don't get the backing of the government like their counterparts in southern states and West Bengal. I am telling this from my experience of working in other states and at international level. The state government should promote realistic movies made in Odia language

at festival circuits to create good impressions about Odia movies outside.

On difference between working in a movie and a web series

Format is different but the making is more or less the same. Moreover, working for platforms such as Netflix which is streaming in more than 200 countries has its own charm. In fact, I love to work for web series because they give us freedom to work with no pressure and without rush.

On Konark's influence in career

Konark is not just a scenic spot, it has a historical significance. The childhood days that I spent here have certainly played a big role in my life and helped me grow as a cinematographer. At the beginning, I didn't have any idea about filmmaking or cinematography as no one from my family was remotely connected with the film industry. But my education in film institute attracted me towards movies and I left for Mumbai to carve a space for myself.

On upcoming projects

At present, I am working on the Netflix series *Mismatch Season 2* starring Prajakta Koli aka Mostly Sane from YouTube. Then, there is an untitled movie of Karan Johar's Dharma productions. I am also shooting for *Uunchai*, directed by Sooraj R Barjatya, with an ensemble cast that includes Amitabh Bachchan, Anupam Kher, Parineeti Chopra, Boman Irani, Neena Gupta, Sarika and Danny Denzongpa.



With Saif Ali Khan



'Blessed to shoot in Kargil'



Actress Parineeti Chopra is currently in Kargil, shooting for her yet-to-be-titled film. This is the first time that the actress has travelled to shoot amid the snow-clad mountains of Ladakh, and she seems to be absolutely in love with the place.

Talking about her experience, Parineeti said, "I feel honoured and ecstatic to be shooting in Kargil. I always wanted to come here because I have grown up hearing stories from my dad because he works with the Indian Army and to be finally here as an actor is such a blessing."

However, it's not all fun and games for the crew on the sets as sub-zero temperatures come with their own set of troubles and many times can thwart the shoot schedule. The actress explains, "The temperature is crazy, we shot in -18 and -12 degrees yesterday and our bottles of water were frozen and the guys with beards on our set had frozen beards."

"It was crazy to see that level of cold. I have never experienced that temperature before in my life but still feels exciting to be here as an actor and shooting in these beautiful gorgeous locations," she concludes. IANS



SILVER SCREEN IS GOLD FOR INDIANS: AYUSHMANN

The release of *Sooryavanshi* in theatres has reinvigorated the film industry with new energy. The film recently entered the Rs 100 crore club in just 5 days of its release thereby giving hope to filmmakers, actors, producers, distributors and exhibitors alike.

Actor Ayushmann Khurrana, who also has a theatrical release with *Chandigarh Kare Aashiqui*, is one happy man and the reason is cinemas finally traversing on the path to recovery.

The actor shares, "So many of my life's favourite memories are linked to me watching movies in a theatre. I'm feeling really happy that Hindi films are now set to release in theatres and make a big comeback."

Adding to that, the actor feels that the members of the industry have a responsibility to provide memorable experiences to the audience and there can be no better way to do that than cinemas.

He says, "As an industry, we need to give them an experience that they will cherish, that will engage them into having a discussion and most importantly entertain them to the fullest. I'm really confident that we will manage to do that and make movie-watching a community experience again. We are a country that cherishes going to theatres with our families and friends."

Ayushmann's theatrical slate runs deep as apart from *Chandigarh Kare Aashiqui*, he also has Anubhav Sinha's *Anek*, Anubhuti Kashyap's *Doctor G* and Aanand L Rai's *Action Hero*. IANS

Shilpa gets 'influenced' by Ranveer

Actress Shilpa Shetty is an avid social media user who keeps her fans entertained with interesting posts and videos depending on what's trending on the Internet. Recently, she dropped a video of herself flaunting her good hair day as she took some inspiration from Ranveer Singh's popular 'Tattad Tattad' hook step in *Ram Leela*.

In the reel video, Shilpa is seen in a

good mood as she nailed Ranveer's popular song 'Tattad Tattad' with a glimpse of her hair tucked into a voluminous bun. Her goofy expression added fun to the dance move as she smiled from ear to ear.

Tagging Ranveer in the caption, she wrote, "Aaj mood dance karne ka hua after a while, Tabhi toh influence hui main by @ranveersingh's style#trendingreels #fyp #TattadTattad #HairCare #GoodHairDays #reelitfeelit #reelka-rofeelkaro". AGENCIES



Sara accepts samosa pav from fan

A video of Sara Ali Khan accepting samosa pav from a fan went viral on social media recently. The actress was spotted and snapped outside an office along with Vicky Kaushal.

After a meeting for their upcoming film together, Sara and Vicky were snapped by the paparazzi as they made their way into their cars. After greeting the photographers with her signature 'namaste', the actress got into her car.

Before she drove off, a fan approached her car and offered her samosa pav

which the actress politely accepted with a smile and a thank you.

As soon as the video was shared on various social media platforms, comments poured in from all sides. Netizens not only lauded Sara for her humble nature but also praised her mother Amrita Singh for raising her right. One fan wrote, 'Sara is one of the most humble Bollywood star kids. She always greets her fans with so much love. Even though she didn't do a big blockbuster yet, she has surely won many hearts with these gestures. Amrita raised one fine kid.' Another one added, 'Her love for food, is always visible this girl is so sweet.'

On the work front, Vicky and Sara were supposed to come together on screen for the first time in Aditya Dhar's *The Immortal Ashtawathama*. AGENCIES





Mini stroke VS Regular stroke

A STROKE CAN BE DEVASTATING NOT ONLY FOR THE PERSON WHO GETS ONE, BUT FOR THE ENTIRE FAMILY. THIS UNFORTUNATE EPISODE CAN RESULT IN PREMATURE DEATH AND LIFELONG DISABILITY



In India, the incidence rate of stroke is estimated to be 119 to 145 per 100,000 people and we see 1.44 to 1.64 million cases of strokes annually. Sometimes when we do not heed the warning signs of stroke, we end up becoming victims of this devastating episode. One such sign is the Transient Ischaemic Attack (TIA) or mini-stroke. It has been observed that the risk of stroke in the first three months after a TIA is 2-17 percent. About 33 percent of those with a history of TIA have a major stroke within a year without any treatment.

Cause of TIA

When the blood flow to the brain cuts off for a short while (less than 5 minutes) it causes a transient neurological symptom same as is observed in stroke but are rapidly reversible. This is known as TIA. TIA is also referred to as mini-stroke because it is like a miniature version of a full-blown stroke. It causes less damage but it sure needs emergency care without delay.

Difference from stroke

When an artery that is supplying blood to the brain gets blocked due to a blood clot, it causes oxygen starvation resulting in TIA. In a TIA, such a temporary clog is usually pushed along and is broken down. Thus, the normal flow of blood to the brain returns quickly. Symptoms of a TIA usually subside within an hour (typically less than 15 minutes) but may last up to 24 hours in some cases. Quite contrary, in an ischemic stroke, the brain is oxygen-deprived for a longer period. This causes more damage and brings long-lasting effects that can be fatal and cause permanent disability or death.

Risk factors

Apart from the risks that are not under our control like age and family history, in general women have a higher risk of stroke/TIA than men. Other health conditions such as obesity, carotid artery disease, high BP, high cholesterol, diabetes, and preexisting heart conditions are also found to increase the odds of stroke/TIA. Lifestyle choices like excess smoking, alcohol consumption, eating foods high in cholesterol, and using drugs such as amphetamines, cocaine, and heroin can increase the risk.

Warning signs and symptoms

We must attempt to remember the term FAST (which denotes Face, Arms, Speech, Time). These are mainly seen if a person is having a TIA. These include:

The facial droop may be observed where the eyes or mouth may droop to one side. One may also experience trouble smiling.

Problems related to speech such as slurred, garbled, or difficult to understand. Also, one may find it difficult to gather the right words.

Weakness or numbness of limbs may be experienced. There might be trouble lifting or holding up the arms.

Sometimes one may also notice balance and coordination related troubles, blindness or transient blurring of vision, inability to move one side of the body, dizziness, confusion, and difficulties in understanding others.

Lifestyle changes

After knowing about TIA, it is important to make efforts to have a better lifestyle and adopt preventive measures to reduce the risk of experiencing a TIA/stroke. These include:

Quitting smoking and avoiding exposure to second-hand smoke from tobacco.

Eating a healthy and nutritious diet that includes a lot of fresh fruits and vegetables.

Keeping a check on the excessive intake of salt and fats
Exercising regularly

Keeping away from recreational drugs.

Maintaining ideal body weight.

Following the advised/timely treatment plan for heart disease, diabetes and other health conditions.

Diagnosis and management

Diagnosis is generally established through thorough physical examination, neurological tests and various imaging techniques (MRI, Angiography, etc). Medications such as blood-thinners, anti-cholesterol medications with or without the use of minimally invasive procedures (carotid angioplasty/stenting) and surgical procedures (Carotid endarterectomy) may be advised depending upon the severity of the TIA.

When the symptoms of a TIA stroke, although it may pass, one should get medical help immediately. It must be remembered that there is a lot of uncertainty about whether the blood flow will restore on its own or not. It is impossible to predict if one is having a TIA or stroke because the symptoms are more or less the same. Furthermore, in the current pandemic situation, the Covid-19 can lead to the development of blood clots in the vessels supplying the brain. This can subsequently progress to TIA and stroke.

AGENCIES





Mithi

PHOTO: CHANDAN