

DECEMBER 12-18, 2021

SUNDAY POST

HERE . NOW



Futuristic Farming

P_{3,4} COVER STORY



With mentor and artiste Saranabinda Ojha



With wife

Sunil Kumar Parida aka Bapi has carved a unique space for himself in Odia TV industry for writing stories, screenplay and engaging dialogues in mega soaps like 'Rajakanya', 'Tupur Tapur', 'ACP Nikita', 'Tara Tarini' and 'Gadbad'. He loves to play cricket on non-working Sundays.

Early Bird

For me, yoga is a way of life which boosts one's mental and physical strength. No wonder, I practice yoga every day and on Sundays, I spend extra hours on it.

Cricket Nut

I am a cricket fanatic but I don't get much time to play due to my packed schedule. So, I get loose on non-working Sundays. Ours is a team of directors, actors, singers and script writers. We hit the Sunshine ground near Orissa High Court early in the morning to unwind ourselves.

Shopping With Spouse

I take my wife shopping on Sundays. We grab the opportunity to spend some quality time together and go for dinner.

Family Time

Being a vegetarian, I love to cook signature Odia cuisines like Arua Anna, Dalma, Saga Bhaja, Badi Chura and Khata for lunch and treat my family members.

Literature Lover

I love reading Bibhuti Patnaik, Gourahari Das and Pratibha Ray if I am free on Sundays. *Chheli Chareibara Dina* by Gourahari Das is my all-time favourite novel.

Social Commitment

I will never forget to do my bit for society. Being an active member of a voluntary organisation Biswas, I serve foods to the needy and distribute clothes among them.

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

- In my house I'm the boss, my wife is just the decision-maker.
- Love may be blind, but marriage is a real eye-opener.
- True friendship: Walking into a person's house and having your Wi-Fi connect automatically.
- A man is incomplete until he is married. After that, he is finished.



MASTER STORYTELLER

Dear Sir, Jayshree Misra Tripathi deserves plaudits for her absorbing short story *Daughter* (Dec 5). In her lucid narrative style, the author highlights the innate resilience of a distraught wife which enables her to successfully grapple with the numerous adversities in her life viz. a failed marriage, her husband's predilection for the other woman, his untimely demise, starting life afresh, charting out a new career path with a spirited zeal and rearing her little daughter. Having surmounted many tough obstacles in her life's journey, Jayshree's protagonist fails to conquer the last frontier, as she maintains a stoic silence before her teenage daughter's confrontational attitude, unfounded accusations and probing questions. A wizard in weaving tales, the author aptly sums up her dilemma in the following phrase: "We are marionettes in the Master Plan." An important life lesson for all of us!

AMIT BANERJEE, NEW DELHI

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



With the global population expected to clock 10 billion by 2050 leaving less land for agriculture, fresh farming techniques like hydroponics and aeroponics are getting increasingly popular in recent times

Futuristic Farming

Commerce. But they were far from happy with their work. All they wanted to do was to create something unique. Meanwhile, Pragyan came to know about the concept of hydroponic farming from her sister-in-law.

“When I heard about soilless farming it fascinated me as well as Asish. I did a lot of research and contacted an agronomist to learn the techniques. We learnt the

Being a single child of his parents, Asish always wanted to live with his parents and do something unique to earn his livelihood. After learning about the hydroponics method of farming and undergoing training in Hyderabad, he took leave from his job and started farming at his village in November 2019. He planted 2,400 leafy vegetable and exotic vegetable saplings in an 800 sq ft area. The leafy vegetables included lettuce, sileri, kale, basil and while bell pepper, broccoli and cherry tomato formed the group of exotic vegetables. The first plantation was successful and demand for the vegetables in the market motivated Asish and Pragyan to expand the business. The couple quit their secure jobs to take up full time farming.

However, it was a bumpy ride at the beginning due to Covid-19 outbreak.

“After four months of planting, we had to stop as the lockdown started in March. We started again in November 2020 and succeeded in reaching out to our target consumers. But our business again suffered when my whole family contracted Covid-19. The fortune seems to be smiling on us now as we are doing brisk business after our recovery from Covid,” an elated Pragyan said.

Asish also started farming by making a ‘Fan and Pad Poly House’ near his house.

Around 3,000 trees were planted in the poly house till now.

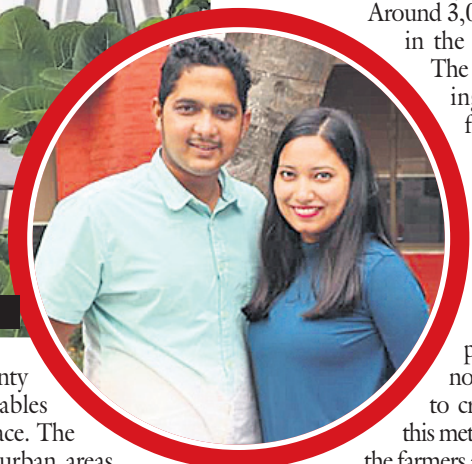
The couple provides training to aspiring urban farmers.

About the advantage of hydroponic farming, Pragyan says, “There are wider scopes for hydroponic farming. But it gives profit with proper marketing and planning only. Right now it’s very important

to create awareness about this method of farming among the farmers across the country. The land requirement is quite low, water consumption is 90 per cent less, the water is recycled and saved and most importantly the vegetables produced by this method are free from pesticides.”



The soilless farm raised by Asish and Pragyan (inset)



agropreneurs who are promoting soilless farming in Odisha.

No soil, 90 % less water and high yields from minimal space

Pragyan and her husband Asish Mohanty from Jagatsinghpur landed cushy jobs in Hyderabad after securing master degrees in Business Administration and Industrial

art of producing plenty of nutritious vegetables and fruits in less space. The scarcity of land in urban areas does not allow abundant and healthy production of crops. However, hydroponic farming is helpful for those who want to grow pesticide-free vegetables at their own place and stay healthy,” says Pragyan.

RASHMI REKHA DAS, OP

The concept of soilless and urban agriculture has caught the global attention today more than ever before. This is mostly due to the shrinking of living space caused by the rapid growth in human population.

A UN report warns that every country is losing fertile land at an alarming rate with the world losing nearly 24 billion tons of fertile land every year. Traditional farming methods are one of the major contributors to soil degradation, it says.

The global population is expected to reach 10 billion by 2050 when scarcity of land for farming might bring catastrophe for human civilisation.

This has forced the agro scientists to press the panic button. No wonder, fresh farming methods like hydroponics and aeroponics are getting increasingly popular these days. In fact, they are now called the future of farming or alternative farming.

There are several instances of young entrepreneurs jumping on the bandwagon quitting their high-paying jobs in the corporate sector. **Sunday POST** talked to a few such



Cherry tomatoes grown by Mohapatra at his farm



Haraprasad Mohapatra

Asish says, "This is completely different from traditional farming and consumes 90 less water giving more yields in less space. If we do hydroponic farming in a controlled environment, there will be less chance of pest attack."

"Traditional methods of farming are based on climatic conditions that are unpredictable and are controlled by nature. Unpredictable weather conditions such as floods, drought can affect production. This also presents a ripple effect on the supply chain, causing difficulty in getting nutritious vegetables and fruits. However, in a hydroponic system, the farmer controls the amount of sunlight and manages the growth of the plant like we do at our poly house. Being an indoor farming system, hydroponic farms have negligible chances of weed or pest attacks. Apart from this, a controlled environment helps in growing crops round the year. We grow crops in any climatic conditions as we do it in poly house where we control the temperature and humidity. And, of course it doesn't contribute towards the environmental damage as we are not injecting any harmful chemicals or pesticides to the soil directly. So it doesn't pollute the ground water", Asish signs off.

considered the most advanced and suitable method to overcome these issues."

Aeroponics method of farming provides clean, efficient and fast production. Crops can be harvested year-round without interruption, and without contamination from soil, pesticides and residue. Since the growing environment is clean and sterile, it greatly reduces the chances of spreading plant disease and infection commonly found in soil and other growing media. Most importantly, this system of farming can reduce water usage by 90 per cent, fertilizer usage by 60 per cent, and pesticide usage by 60 per cent, all

while maximising crop yields. Plants grown through aeroponics systems have also been shown to uptake more minerals and vitamins, making the plants healthier and potentially more nutritious, claims Mohapatra.

He launched a startup Pelican Aeroponic in 2018 and invested about Rs 55 lakh to grow exotic vegetables such as lettuce, kale, basil, cherry tomatoes and jalapenos. Set up on just 700 square metres, his farm holds nearly 4,000 plants and grows up to 100 kg of vegetables a day.

"This is a wonderful small business to be in, but it requires a ton of endurance. Running an aeroponic farm is a full-time job. You have to be pretty careful about cleanliness inside the poly properties. By any likelihood, if any plant virus seeps into the poly household, the total farm would be wrecked in a matter of days," he cautions.

100 kg of vegetables a day from 700 sqm area

After spending 30 years in the merchant navy, Haraprasad Mohapatra took voluntary retirement. Now, he had enough time in hand and he wanted to do something interesting. Since childhood, he had a passion for farming and he decided to explore it. "After my retirement, when I thought of farming, I decided not to venture into the traditional way of agriculture using chemical fertilizer, pesticides and unhygienic handling of the produce. While doing research on modern farming techniques, I was struck by hydroponics. Without further delay, I visited hydroponics farms in cities like Chennai, Coimbatore and Bangalore. There I came across aeroponics technology from Flora consult and took an appointment with its chief Parveen Sharma in Pune. After that I decided to work on it," says Haraprasad.

He adds: "Aeroponics farming consumes less water and can be undertaken in less area with less energy consumption. This technology was even shortlisted by NASA to implement on Mars. At a time when the world population is increasing by leaps and bounds, the farming area is shrinking in equal proportion. Out of the total world water, 70 percent is used for agricultural purposes. Studies reveal that of 70 per cent water meant for agriculture, 60 per cent water gets wasted due to poor irrigation techniques. On the other hand, the quality of farm produce has suffered due to mindless use of pesticide and other toxic substances. Aeroponics farming is



Explaining the difference between hydroponics and aeroponics farming, Mohapatra says, "In hydroponics, the sapling is usually placed on a substrate such as rock wool, volcanic ash, peat moss, and coco coir or clay pebbles. Very often, hydroponic farmers do not use a substrate. They simply place the plants along a channel. Aeroponic plants are never placed on a substrate or in water; here plants are grown in a controlled air environment. The exposed roots are periodically sprayed with nutrient solutions for the plants to grow. Both these methods are ideal if the available land is not fertile or suitable for cultivation."

'Music can change the world'



Poet, singer and songwriter Kavish Seth has conceptualised 'Zubaan', a music project that aims to create platforms for collaboration between indie music artistes from across India

born in a family of musicians. Being an angry kid, he used to hit out a lot. Frustrated, his mother thought it would be better if he learnt tabla and put his hands to some constructive use. With music in his blood, he picked up well. But he wanted to be a scientist in the future. It was only after his graduation at IIT-Bombay, he connected to music on a deeper level and got a divine-like feeling, admits Kavish. Then there was no looking back.

Soon, he went to conceptualise *Zubaan*, a music project that aims to create platforms for collaboration between independent music artistes from different corners of India. This has been the highlight and basis of his musical journey. Chapters have started in Odisha, Varanasi, Deoria, Kausani, Khetri, Nagpur/ Wardha/ Gadchiroli,

Mumbai, Kolkata where around 30 artistes have been collaborating and performing all across the mainland.

Besides, he has invented Noori, a musical instrument having Indian roots which could do what guitar does. Comprising 14 strings and looking like a guitar but with a wooden frame covered in goatskin, Noori produces a percussive sound like a Djembe.

Kavish was in the city recently to attend the Dharitri Youth Conclave on Climate Change to offer a musical and poetic treat to the experts and audience.

On the sideline of the event, Orissa POST caught up with Kavish to discuss his invention, *Zubaan* and collaboration with Odia artistes.

■ How did you get the idea of making your own instrument Noori?

■ The idea struck during a rail trip to Gorakhpur. I was playing guitar when an old man stopped me and asked me to play something Indian.

His words had an appeal and touched me at a deeper level. First, I decided to learn sitar which required a lot of time and dedication. So, I put my IIT learning to the use to create an instrument. My vision was to bring the music and the musicians across the world closer. And with Noori, any artiste from any school of music can play their music on this. It also enables a smooth collaboration between artistes of different schools of music. For instance, a guitar doesn't sit well with a sarod or sitar, as they don't play microtones/shrutis; similarly, one can't play chords on sarod. But my instrument transcends those limitations. You can play all three schools of music — Indian Classical, Western music and Arabic music — on Noori. The name is derived from my ex-girlfriend's name which means light. This instrument has shown me a way in my pursuit for excellence.

■ How can an independent genre compete with popular Bollywood music and how Zubaan helps in this respect?

■ Music is a broad canvas which doesn't

need any dependence on anyone especially, on Bollywood. It can stand on its own. There are different genres of music. In India, every state boasts a genre of its own. They have their own identities. So, we want to create an ambience for independent music and come up with an identity separate from Hindi and any other film industry. So *Zubaan* is such a platform where we want to bring various artistes from different states and communities and create a strong platform.

■ Tell us about your Odisha connection and the prospects of the Odia artistes.

■ I have visited the state many times in the past and have a lot of friends here. I also collaborated with several independent and aspiring musicians of Odisha through *Zubaan*. For example, I had collaborated with Biswa Mohanty of Kendrapara for a song *Daake Re* composed by him. The song talks about the 'call of the motherland' for her people to work together for her mukti (liberation). It was all about the sons of the soil and their sacrifices. The song is relevant in many different contexts and times. On artistes' futures, I would say they are going through an interesting phase. For independent artistes of Odisha and others to develop and nurture it needs community spaces. When we create that space then it automatically holds interest and creates opportunities. Also, in recent times the Internet has given power to independent musicians to broadcast their talent on the web and reach out to an audience.

■ How do you deal with the pressure of being the son of acclaimed singer Kavita Seth?

■ It has never been easy. But at the same time, I learnt a lot from mom. Her music continued to inspire me from my childhood. But when I was studying at IIT, I started having a different approach towards music. So, I planned to create music on my own without taking help from others. I think my mom and I are privileged to be in the field of music.

■ How can music impact social issues such as climate change?

■ Music always spreads harmony. It possesses the element to motivate oppressed people to raise their voice and get them connected. It can unite a large number of people to address such global issues. I sincerely believe that music can play a big role in resolving other problems as well. It can certainly change the world.

ARINDAM GANGULY, OP

Born to *Iktara* hitmaker Kavita Seth, it was quite natural for indie music artiste Kavish Seth to follow the footprints of his illustrious mother. But the future had something else for him in store. Today, Kavish has carved a unique space for himself as a poet, singer and songwriter in the Indian music industry.

Not many are aware that music was just a hobby for Kavish even as he was



Samantha to make her item song debut

Samantha Ruth Prabhu is set for her first-ever item song for Allu Arjun's upcoming movie *Pushpa*. The makers who teased with a poster earlier, unveiled another poster featuring Samantha recently.

The makers of *Pushpa: The Rise* announced that the special song will release December 10. Along with the announcement, they unveiled a photo of Samantha from the sets. Despite the blurry effects, Samantha appears dressed up in a 'ghagra' as the *Ye Maaya Chesave* actress looks perky.

Pushpa's production house also announced the release date of the song number, as they wrote, "This winter is going to get heated up with @Samanthaprabhu2's moves. 'Sizzling Song of The Year' on 10th DEC (sic)."

Musician Devi Sri Prasad has composed a peppy number for Samantha. Also, Prasad's music composition is known for giving the best item numbers in Telugu films.

Helmed by Sukumar, *Pushpa* is releasing in theaters December 24. Starring Allu Arjun and Rashmika Mandanna, the movie also stars Fahadh Fasil, Sunil, Anasuya Bhardwaj, and others in key roles.



'Better roles are being written for actors now'

Actress Raveena Tandon, who is gearing up for her series *Aranyak* to drop on Netflix, has talked about how the industry has changed over the years and has molded itself into various forms to keep up with the times.

Speaking about how the industry has changed over the years, Raveena said: "A lot has changed but a lot remains the same. Like, in terms of content also the scene has changed, we have more female led stories and there are better roles written for actors. The workload is the same, it's just as hectic. But there is a lot more organisation."

"Things on sets today go as per schedule. There is definitely a lot more seriousness from actors. No one takes things lightly anymore while shooting. When I started working, I don't think I was prepared for the cameras, so to speak."

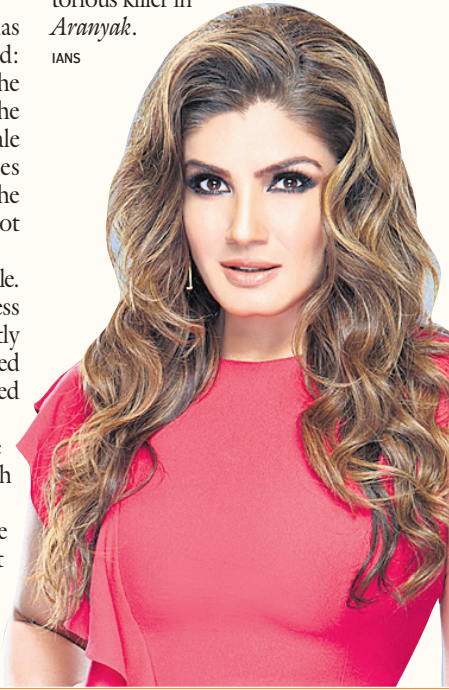
Raveena reminisced about the days when she went on set with no 'training'.

"I would say yes to a movie and the next day I was on set — no training, no preparations, nothing. Nowadays actors are all ready and prepared."

So much has changed, we've evolved along the way," the actress added.

Raveena will play the role of Kasturi Dogra, a determined cop who sets out to save the town of Sironha from a notorious killer in *Aranyak*.

IAN S



Abhay scared of working with family

Abhay Deol reveals that he feels intimidated to work with Dharmendra, Bobby and Sunny Deol.

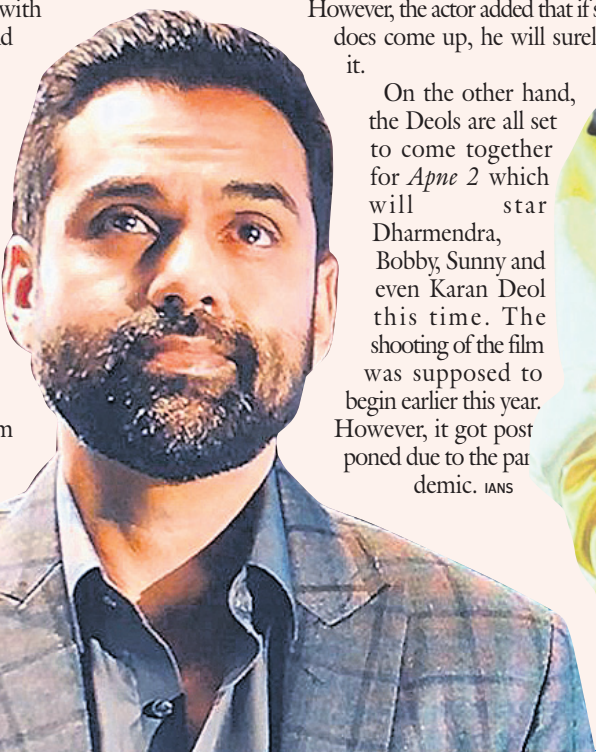
He will be sharing the screen space with his nephew Karan Deol in his upcoming film, *Velle*. However, the actor revealed that he feels quite intimidated to work with Dharmendra, Bobby and Sunny Deol.

Talking about the same in an interview, Abhay said that he has been really scared of working with family. According to him, there is a bit of intimidation there. However, he feels different with Karan because he is younger than him and Abhay has seen him grow up.

Elaborating further, Abhay added that it is hard for him to be in a character other than himself in front of his elders. Besides, the actor also pointed out the fact that his world of filmmaking is very different from that of theirs so it would be difficult to find that middle ground.

However, the actor added that if something does come up, he will surely do it.

On the other hand, the Deols are all set to come together for *Apne 2* which will star Dharmendra, Bobby, Sunny and even Karan Deol this time. The shooting of the film was supposed to begin earlier this year. However, it got postponed due to the pandemic. IAN S



Genelia returns to acting

Actor Riteish Deshmukh is all set to step behind the camera as he is all set to make his directorial debut with the Marathi film *Ved*, which also marks Genelia Deshmukh's return to acting after a decade.

Riteish took to Instagram recently and announced that he will be taking a leap and standing behind the camera for the first time.

"After being in front of the camera for 20 years, I take a big leap to stand behind it for the first time."

"As I direct my first Marathi film, I humbly ask you all for your good wishes and blessings. Be a part of this journey, be a part of this madness. *Ved* (Madness)," he wrote alongside the poster of the film.

Genelia too shared the same poster and captioned it: "My First Marathi Film. And Back to the Movies — Finally. Directed by @riteishdA A Dream come true." Details related to the plot are still under wraps.

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Replacing traditional meat



The uniquely diverse dynamics of India make it one of the prime treasures of savoury goodness. However, even though India's population makes up 18 per cent of the world's population, it has one of the lowest meat consumption rates in the world. But occasionally, India is a nation where luxurious palates consisting of lip-smacking Butter Chicken, Macher Jhol, and Lamb Korma entice 70 per cent of the population.

Carbon footprint, negative environmental impact, a desire to make healthier choices, and animal welfare causes have all encouraged people all over the world to make more sustainable and environmentally friendly choices, and Indians are no exception.

the same taste, texture, and cooking satisfaction as derived from traditional chicken, mutton, or other meat items.

in favour of choosing meat substitutes.

Planet-friendly food alternatives

The modern trends of veganism and vegetarianism were already on the rise when COVID came knocking on our doors unexpectedly. However, given the long hours of lockdown confinement, experts stress the paramount importance of healthy diet and hygiene, and people worldwide witnessing several positive environmental phenomena, all this led to a tangible and simultaneous movement around the world. People today have started to appreciate plant-based meat because of its better nutritional value and eco-friendly factors. When one can get the same taste, texture, and proteins from plant-based meat, then why opt for traditional animal-based meat items?

Since the early 1960s, meat production and consumption have been increasing steadily. Mainly because of the rising income status and growing population, people can afford to eat meat today more than ever before. Even so, Indians are noteworthy exceptions. While countries like China and Brazil, with thriving economies, are also consuming large quantities of animal-based meat, India hasn't followed suit, despite the average income rising almost triple since 1990.

However, considering that 80 per cent of the Indian population is suffering from protein deficiency and 93 per cent is ignorant about daily protein intake, many public and private groups are promoting the notion of greater protein consumption. This is one of the many reasons why Indians are

Plant-based meat products in popular Indian culture

Considering the evolving palates of new-age generations, many modernistic cafes and restaurants have started using plant-based meat substitutes to roll out delicious risotto, pasta, burgers, pizzas, and even traditional Indian cuisine. In fact, an international pizza restaurant chain also launched a magnificent plant-based pizza for consumers trying to live a sustainable, healthier, and greener lifestyle. In the last decade, many film celebrities like Anushka Sharma, Alia Bhatt, and Shahid Kapoor have shifted their allegiance to vegetarian and even vegan lifestyles, and some of their followers have adopted the same. Many of these celebrities have stated that the perfect blend of nutrition, taste, and texture with a dash of freshly procured herbs integrated into futuristic plant-based meat products has made it easier for them to lead a purposeful and green lifestyle.

Moving Forward

Earlier this year, in August, a Bloomberg Intelligence Report stated that owing to the accelerated trend of sustainable and eco-friendly products, the global plant-based food market is expected to witness fivefold growth by 2030. Carbon footprint, negative environmental impact, a desire to make healthier choices, and animal welfare causes have all encouraged people all over the world to make more sustainable and environmentally friendly choices, and Indians are no exception.

With time, food technology is bound to increase, and the quality of plant-based meat and food items will improve. Considering that consuming plant-based meat is better for the health of people and the planet as well, governments are also likely to support this initiative. Many non-vegetarians also think that even just opting for plant-based meat won't budge the global carbon footprint, but the truth is far from it. Given that meat and dairy account for nearly 57 per cent of carbon emissions (nearly twice as much as plant-based products), a concerted effort can make significant progress toward reviving the planet.





Priyanka

PHOTO: KUMAR SHARAT