

JANUARY 8-14, 2023

SUNDAY POST

HERE . NOW



Women on wheels

P 3,4

COVER
STORY

MY SUNDAY

BARSHA MISHRA, WHO HAILS FROM BERHAMPUR, IS KNOWN AS 'MAUSI' IN THE COMIC WORLD. THE DIGITAL CONTENT CREATOR SAYS SHE WOULDN'T TRADE BEING A COMIC OR CONTENT CREATOR FOR ANYTHING, BUT IF SHE WERE TO, SHE WOULD BE A PAEDIATRIC OCCUPATIONAL THERAPIST



Curious explorer

I love to explore with my friends new places that people barely know about and its signature food. I also love ghost-hunting and will definitely go for it someday.

Homestyle is the pick

My favourite food has to be the simple rice, dal and fish fry. Can't deny mutton and rice are the best. If I want to sound like a bit classy type, cheesecake and white sauce pasta with iced Americano makes it to the list.

A moody cook

I like cooking, but I am a moody cook. If I see something on YouTube or Instagram which tickles my taste buds, I lose my patience and I make it right away.

Busy weekends

As a standup comedian, weekends are our working days, but if I don't have shows I love spending time with my family, my close friends or to just spend time watching series or writing.

Unalike hooman

I love animals, I love dogs and to be honest I find calf (baby cow) the cutest of all. That's weird of me but they are really cute.



with family



SMRUTI REKHA BARIK, 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

- Good health is merely the slowest possible rate at which one can die.
- A cop just knocked on my door and told me that my dogs were chasing people on bikes. My dogs don't even own bikes...
- Life is all about perspective. The sinking of the Titanic was a miracle to the lobsters in the ship's kitchen.
- How did I escape Iraq? Iran.

REINVENT YOURSELF

Sir, The cover story 'Rising to challenge'(Jan 1) was an inspirational saga of a civil services cracker, an avid puncher and a health enthusiast, who have successfully achieved their New Year resolutions. For achieving our resolutions for becoming a better version of ourselves, it is essential to adopt the SMART (Specific, Measurable, Achievable, Relevant & Time-bound) framework for translating our goals into reality. It's desirable to set a realistic, doable and flexible plan, adopt approach-oriented goals, establish new routines and stay positive, motivated and focused for achieving one's goals. In this endeavour, it is important not to give into impulses for instant gratification, cut back on bad influences, not to berate oneself for any momentary failure and to have the intrinsic belief in one's innate ability to change for the better. Since it takes sustained efforts over a period of time to establish new behavioural patterns, it is better to attempt small incremental changes in order to attain our coveted goals. As Steve Harvey, the celebrated American actor-cum-comedian puts it succinctly across : "You are never too old to reinvent yourself."

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
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Women on wheels

SMRUTI REKHA BARIK, OP

Dreams have no gender. What you need is to give wings to them. So, just as men don't cry is a myth, women don't drive bikes is equally a myth. Yes, 'big boys only drive bikes' theory has gone for a toss these days as the definition of masculinity has changed in the last few years. That time has passed when scooters were made only for women and bikes for men. Now, a woman cruising on a Harley-Davidson or a Royal Enfield are no longer an unusual sight.

Here're a few of them who share with Sunday POST their biking experience.

'Thrill of riding a machine is inexplicable'

Mother to a seven-year-old, a nutritionist and fitness expert, **Priyanka Singh Deo**, who works for an IT company as a Release Manager has a different version of herself.

When asked about

Gone are the days when women rode scooters and bikes were made only for men. Now, a woman cruising on a Harley-Davidson or a Royal Enfield is no longer an unusual sight



Priyanka Singh Deo

her passion, she exclaimed that it is riding. "I haven't explored the opportunity a lot yet but yes I am aspiring to get into the biking world with full enthusiasm. I have done a few short-distance rides on Harley Davidson Iron 883. And every time I ride, it gives me a feeling of freedom. In the year 2023 I am manifesting a positive affirmation to ride often and change the mentality of the society where people still believe bikes are not for women."

"In our society people are yet to accept the fact that women can be the same as men. Women riding bikes are downgraded every time. Not just this, when we ride on the roads with all our gears and safety measures in place, people still think that 'oh! She is a woman, so she will break the rules or will have an accident on the roads no matter how safe we ride", she spoke with vehemence.



"I don't look for motivation anywhere. I have the full support of my family and I ride irrespective of what people say because I have experienced that the people who speak behind you are the

ones who come forward and ask how you did that", she adds. Asked how it all started, she recalls "My fascination with motorcycles goes back to the age of early adulthood, when I saw my friends ride up to my house on their motorcycle; I was keen to explore it. After trying my hands on a motorcycle, I fell in love with the grace and confidence I felt."

"I haven't been on a solo ride as of now. Probably if I ride more I will gain that confidence. My favorite motorcycling experience was in 2018 when I was leading close to 100 riders and rode down to Puri, organised for all super bikers to celebrate Independence Day. The thrill of riding through rain, and dirt, controlling and gliding the motorcycle is just inexplicable", she concludes.

'Had my spine hurt but didn't give up'

A physician by profession **Anitha K** is currently heading world's second largest pharmaceutical company as a Global head of Operations. It's been years since her motorcycle adventure, but her sense of joy and wonder has not diminished one bit. An athlete during school, who learnt to ride a motorcycle in college, and then tested her skills in a rally, Anitha's attitude has been "I can do this!"

Sharing the challenges she faced as a biker, the mother of two recalls, "The largest hurdle that I came across was an accident in 2005 which fractured my spine and I was paralyzed for a few months. According to doctors I was not fit to walk again or have normal mobility". Fighting against all the odds and trying to walk again and stand again which reflected her resilience and persistence, she completed a full marathon in 2010.

Speaking about her healing touch during the recovery phase, she said, "A long ride in Royal Enfield is so meditative. It is probably the 'bang bang' engine noise that helped me to start afresh. I have not done a long ride as my backbone still has a metallic component. So my drives are short and limited to the outskirts of the city for now".

Anitha's passion to see women get out on their motorcycles is a reason why she heads the Indian division of Women's International Motorcycle Association. WIMA India as the name suggests is part of a global sisterhood, connecting female riders from across 33 countries.

"I am happy that women are pushing boundaries and have started venturing into biking. I believe in showing equality rather than demanding one," she says.

Age is just a number, to stay young do young things and not botox and cosmetic surgery, even some great adventures can keep your body, mind and soul younger, Dr. Anitha concludes.

'As a teen, envied boys who could ride bikes'

A content creator, a brand consultant and a lifestyle influencer with over 80k family on Instagram, Nupur Kalra is popularly known as nups_thebikermom on social media. But most importantly she is an avid biker.

"As a teen, I loved bikes and envied the boys who could ride them. I started as an immature biker by picking up my friend's bike and grew into a responsible rider who owns an RE 350," Nupur says.

"Being a female rider I faced a lot of resistance from society and peer groups. But I always had my family's back, of my daughter in particular. She is my motivation. I wanted to give her an environment where she believes that a girl can do anything and there is nothing which is gender specific. She loves the fact that her mum is a biker and proudly tells her friends, too. She looks forward to going on rides with such excitement," she adds.

Nupur would love to travel solo but at the moment she is more into group rides as it gives her joy and safety when she travels with friends.

She has travelled a lot but her recent trip from Leh to Pangong Lake was one which she will cherish for a lifetime.

"I would just like to say to all those people who want to start riding that age is just a number. You can learn and start riding at any age if you have the passion and the right resources like a good motor training academy," signs off Nupur.

'Faced bullying, name calling, road rage and eve teasing'

While starting off as a biker was a tad easy for Priyanka, Anitha and Nupur, it was quite challenging for Sangeeta Sahoo, who has an international license to her credit.

"If you are persistent and head strong, nothing is difficult! Remember it is not your duty to oblige everyone," said a determined Sangeeta.

Not just at the beginning,

she still faces hurdles while chasing her passion as a biker, she reveals.

"I have faced bullying, name calling, road rage and eve teasing in the past. Even today at the age of 42 I am answerable to my family why I feel the need to ride a bike and why I need to go out alone at



Nupur Kalra

How being a mother I can think of myself and my pleasures whereas I am only supposed to think of the wellbeing of my family," laments Sangeeta.

Even as she has encountered troubles, riding a machine has its share of excitement. Talking about it, she continues:

"When we ride the bike, we realise that the fight is all worthwhile. The wind that slowly caresses our face is an experi-



Anitha K

ence to feel, when we sing a song to ourselves while cruising along. We realise that the bike doesn't differentiate between a male rider and a female rider. It's only you, the bike and the winds. At that moment and later the memories of these moments bring joy to you as a sense of victory."

Sangeeta gathered the basic mechanical skills and also off-riding skills from her fellow rider friends. Team work, team spirit, understanding on road hand and foot signals have become an inbound skill, she says.

But besides being a biker, Sangeeta is passionate about cooking, acting, skit writing and social works. Poetry writing has also



Sangeeta Sahoo

won her a fairly good recognition. In March 2022, she produced a music video on traffic rules which was released in the form of rap music featuring women bikers from her club WE The Road Queens! This was Co-produced by TEAM Odia.

"WE The Road Queens! initiates multiple awareness drives and gets involved in social activities like plantation, helping acid attack survivors and supporting people belonging to weaker sections of the society," she informs.

She has ridden to Puri, Konark, Jagatsinghpur, Dhenkanal, Keonjhar, Mayurbhanj and a few other districts of Himachal Pradesh and Uttarakhand. Each ride is unique and has a story to tell, each of it feels like first and each time I hop on to my machine I ride as if it might be my last!, says a thrilled Sangeeta. A ride on the Great Ocean road of Australia in 2009 on a 1200 CC machine covering a stretch of 170+ kms on the Tasmanian east coast remains her best ride which she would cherish for a lifetime, she adds.



In ancient times, musicians used sticks made from sandalwood or their fingers to 'play' these stone columns to create sounds of different musical instruments

Hampi: Stones that 'sing'

Nestled amid the terrain of granite rocks and vestiges of ancient temples and palaces of erstwhile Vijayanagara empire, Hampi, the historical city of Karnataka is a Unesco World Heritage site. On the southern bank of river Tungabhadra, the capital city of Vijayanagara kingdom of 14th century, among several other shrines, houses the famous temple Vijaya Vithala. It is said to be one of the favourite 'abodes' of Lord Vishnu. The shrine, carved out from granite stones, is an architectural wonder for many reasons. According to the historians, the members of royal families and the subjects visited the temple to pray, celebrate and to entertain themselves

The grandeur of the temple shows that the kings who ruled Vijayanagara from the 14th to 16th centuries had spent lavishly on art and culture.

Here's a look at some of the fascinating features.

Mahamandapa

Mahamandapa or Great Hall of Vijaya Vithala temple is the largest among the pavilions hewn out of stone in south India. It features imposing balustrades flanked by elephants made of stones. It leads up to the hall sitting atop a platform decorated with motifs of horses and flowers. It is said that the intricately carved pavilion served as a podium for classical dance performance by the female artistes for the king as well as the gods. The shows were accompanied by the timbre of veena, the divine instrument of south India and beats of tabla. Dancers, in Hampi's barren and rocky backdrop, would whirl around the pavilion to the notes of the musicians.

Musical pillars

Incredible as it may sound, the stone pillars were the only musical instruments

used for recreational activities. It still baffles the ex-

perts as to how these single blocks and the 56 pillars made from granite stone could produce the melody. They are often referred to as 'singing stones' or 'Sa-Re-Ga-Ma pillars'. In ancient times, musicians used sticks made from sandalwood or their fingers to 'play' these stone columns to produce sounds of different musical instruments such as Ghanta (bell), Damaru (a small handheld two-sided drum) and Mrindangam (double-sided drum bigger than Damaru). These pillars, varied in styles, are seen in not all south Indian temples but in some select shrines during the Vijayanagara era. The pillars in Hampi are also unique for their intricate craftsmanship. Although these resonating stones are available in different parts of the world, they are not like the ones seen in Hampi in terms of aesthetic significance, say the experts.

Awesome workmanship

Each individual 'music pillar' is made up of multiple parts - a thick load-bearing central column surrounded by a cluster of slender pillars. Sets of two, four, 10 and 14 columns are also there.

The slim pillars are different in shape and design. Some are circular, while others are square, octagonal and hexagonal. One can see some pillars with sculptures of dancers and musicians hewn on them.

Mystery behind 'singing stones'



At first look, it will seem like the pillars are hollow from inside which is why they produce amplified sound when struck. However, this is not at all the case. In the past, some pillars were cut to pieces to unravel the mystery and surprisingly they were found solid, not hollow as assumed earlier by the experts. According to these experts, the resonant qualities are actually found in the pink crystalline granite found in this region, especially in thinner sections of the stone. Significantly, not all the 56 pillars in the Great Hall produce musical notes but some of them like the 14-pillared cluster

does when it is struck, they go on to explain.

Sources of 'singing stones'

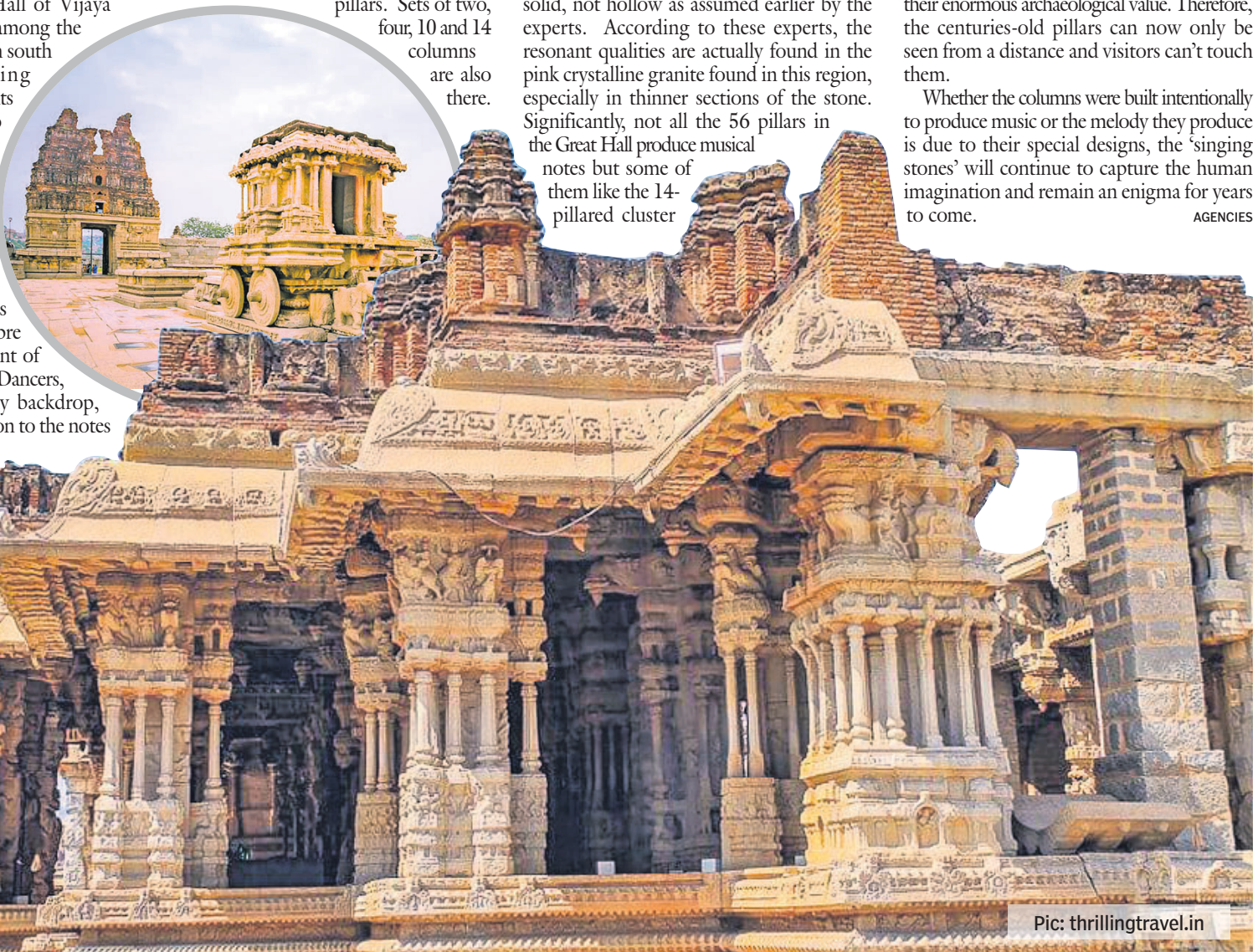
A few metallurgists believe that the location of the stone plays a role in the resonance of the pillars. The granite used in carving of pillars comes from different mines, so they produce different sounds. That apart, the positions, size and shape also determine the sounds they produce. Then, even as the slim columns look similar from outside, on a closer look, one can find them different in their length and girth from each other. Further, the figures around the columns also have bearing to the sounds they produce, they point out.

Precaution for preservation

To protect these stone relics, the temple authorities have cordoned off the pavilion as the visitors often strike the stone shafts to produce musical notes that may lead to their decay. Surprisingly, despite the widespread publicity of these 'musical pillars' many people still pass by these columns without realising their enormous archaeological value. Therefore, the centuries-old pillars can now only be seen from a distance and visitors can't touch them.

Whether the columns were built intentionally to produce music or the melody they produce is due to their special designs, the 'singing stones' will continue to capture the human imagination and remain an enigma for years to come.

AGENCIES



Pic: thrillingtravel.in



Bigg Boss OTT fame Uorfi Javed has targeted politician Chitra Wagh and mentioned in her story that people are making her 'suicidal'. Recently, Chitra filed a complaint against Uorfi for 'indulging in nudity' and now the actress reacted. She wrote in her Instagram story: "She is the same lady who was shouting for SANJAY RATHOD'S arrest when she was in NCP, then her husband was caught taking bribe, to save her husband, she joined BJP. Then they became friends. I'm also likely to join BJP. Then we will be best of friends."

'People are making me suicidal'

In another story, she asserted that people are making her "suicidal" and also mentioned how "dangerous uploading stuff against politician" is. "I know it's quite dangerous uploading stuff against POLITICIANS, but then these people are making me suicidal anyway so either I kill myself or speak my mind and get killed by them :) But again, I didn't start this, I never did anything wrong to anyone. They are coming at me for no fucking reason," she expressed.

AGENCIES

Kanpur Zoo names a cub after Raveena

Social responsibility towards society has been a priority for several celebrities in Hindi film industry. Raveena Tandon is one of them who is known for her philanthropic work.

She has been a part of several charitable events and has regularly helped several NGO's.

Recently, Wildlife enthusiast Raveena Tandon inspires Kanpur Zoo to name a cub after her.

She took to her social media to reply about this honour and wrote, "Great initiative @WildLense_India! Good Going Kanpur zoo with all the rescue and rehabilitation work you doing! ♥???????? #kanpurzoo."

Raveena Tandon is also an avid animal lover and works towards the well-being of animals. She is known for her association with In Defence of Animals India. Raveena Tandon has made several appearances at fundraising events for the organisation. Through her appearances, Raveena Tandon thrilled the audience with her strong views in support of animal welfare and animal rights. AGENCIES



Madonna's plan to celebrate 40 years in music

The Queen of pop, Madonna, is "secretly planning" her first ever "greatest hits" tour to celebrate the 40th anniversary of her music career.

The Sun last week reported that the Material Girl hitmaker is expected to announce new dates in the next few weeks, reports *aceshowbiz.com*.

A source close to the situation also confirmed to the outlet that the 64-year-old star has booked out London's O2 Arena for multiple events.

"Madonna is trying something completely new and really giving fans, young and old, what they want," the so-called insider shared. "She wants to capitalise on tracks like Frozen and Material Girl popping off on TikTok, and introduce her back catalogue to an entirely new generation."

The informant further explained, "Previously she has always wanted to be forward-facing and focus on whatever new album she's plugging. But now, in her mid-sixties, she is going back to basics and once again reinventing herself." AGENCIES



Kiara-Sidharth wedding to be an intimate family affair

Over the past couple of weeks or for that matter months, the hottest topic of discussion in the industry circle has been Sidharth Malhotra and Kiara Advani's impending nuptials. In fact, there have been reams of reportage on the couple's apparent wedding with dates flying fast.

Though no one knows the final dates of the February wedding, some inside details on what to expect from their nuptials was learnt.

Sharing details, a source close to the development revealed exclusively that the function will be an intimate family affair in Rajasthan. "Unlike the proverbial big fat Bollywood wedding that everyone is expecting, Sidharth and Kiara have opted for a quiet family affair with both sides of their families in attendance. Currently the two are making a guest list of just 100 people who will be there, which will also include their teams. The only two people from the industry who are likely to be invited are Ashvini Yardi and of course Karan Johar," it said.

It was also learnt that the couple will likely host a reception later in the city for their industry friends.

AGENCIES



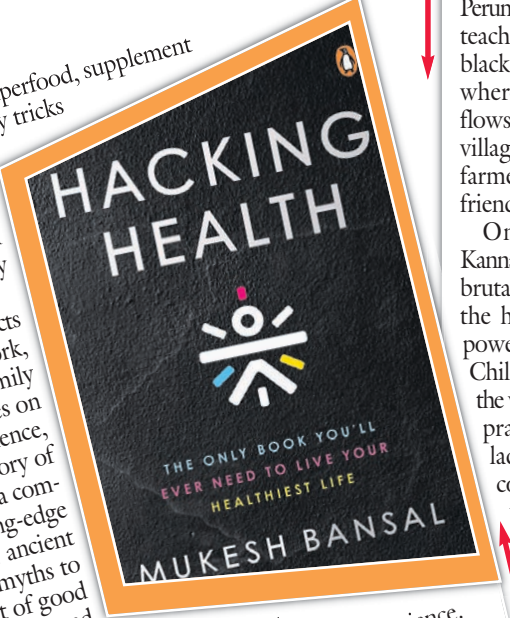
A NEW YEAR BECKONS A NEW READING LIST, HERE ARE THE LATEST TITLES TO GET YOUR HANDS ON AND BEGIN THE NEW YEAR WITH STEADFAST COMMITMENT

A must read in Jan '23

Hacking Health (Mukesh Bansal)

We live in a world where there is a new fad diet, superfood, supplement or nutrition theory every month. There are so many tricks to optimising workouts, peak performance, burning fat, living longer, sleeping better and biohacking your immune system. Wellness has become a part of mainstream discourse like never before, and the result is an overwhelming barrage of seemingly contradictory information.

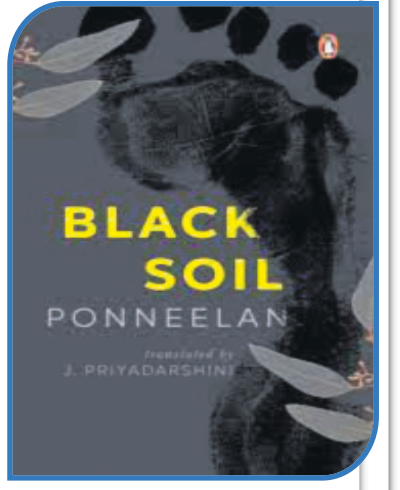
But here's one simple truth: good health impacts every aspect of life, be it productivity at work, interpersonal relationships or a balanced family life. In *Hacking Health*, Mukesh Bansal takes on the mammoth task of demystifying the science, simplifying the research and tracing the story of our relationship with our body. Through a combination of personal experience and cutting-edge science, this is a book that draws from ancient wisdom and also debunks unscientific myths to help you make smart choices in pursuit of good health. From nutrition and fitness to sleep and immunity, weight management and mental health to ageing and longevity, this book delves into the breadth and depth of holistic health and helps you navigate the lines between science and pseudoscience. Can we use science to hack the human body's functioning and be our most efficient, fittest and happiest selves? *Hacking Health* takes a 360-degree approach to answer this very question and help you unlock your body's potential.



Black Soil-Ponneelan (J Priyadarshini)

Kannappan is posted to Perumalpuram as the new school-teacher. The village lies in the black soil region of Tamil Nadu where the river Tamirabarani flows. He's an outsider in this village with Veerayyan, a local farmer, as his only guide and friend.

Once settled in his role, Kannappan observes the everyday brutality faced by the farmers at the hands of the sadistic, all-powerful landlord-the Master. Child marriage is common in the village and so is the appalling practice of marrying young lads to older women who then serve as their father-in-law's consort. Through his gentle yet probing conversations with the villagers, Kannappan tries his best to show the villagers a better way of life. The farmers who had begun protesting the excesses meted out to them by the upper-caste landlord soon find an ally in Kannappan. The schoolteacher's sympathies for their cause bolster their waning spirits and replenish their resolve to fight back. Ponneelan's first novel is a tour de force. Now translated for the first time, *Black Soil* lays bare the atrocities faced by the farmers and the human cost of building a better tomorrow.



The Company We Keep- Insights Into Indian Corporate Culture (Divya Khanna)

There are many challenges facing business corporations today-the pandemic we have barely moved on from, economic recession, rapid changes in consumer behaviour and technological and competitive disruptions. These challenges stick out like the visible tip of an iceberg, while culture, the biggest challenge, is like the slow-moving, gigantic mass that lurks deep under the surface. We cannot deal sufficiently with superficial problems if we do not understand the depths that drive them.

'Culture eats strategy for breakfast' is a widely accepted saying in the business world, often attributed to Peter Drucker. This is as true for corporate India as it is for its consumers. Yet, we spend more time and money studying our consumers and their cultures than we do ourselves.

The Company We Keep is a market research-based exploration of Indian corporate culture. It looks beyond the glamour and jargon of the business world to individual stories that share real personal insights into the aspirations, vulnerabilities, pressures and possibilities of corporate careers and lives. These are urgent conversations we need to keep having as we reflect, review and decide where we can go from here.



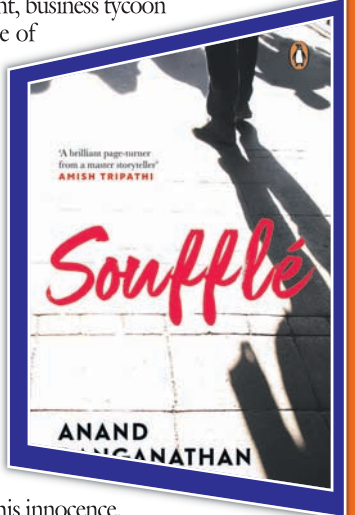
Souffle (Anand Ranganathan)

One sultry Mumbai night, business tycoon Mihir Kothari takes a bite of a souffle and drops dead. According to the CCTV footage, celebrity chef Rajiv Mehra is the killer. It seems like an open-and-shut case.

Or is it? A catastrophic accident on the day the chef is to be hanged allows him to escape and, driven by an inner calling, pursue a new life. Chased by shadows he thought he had left behind, torn by spurned love, the chef returns in search of the real killer so that he can prove his innocence. But there is a problem. Unknown to him, the killer has chosen his next target: the chef himself!

Souffle is a rich, layered thriller that explores life, love and the passions that motivate people to do unexpected and impossible things.

'If this psychological, compelling and unpredictable novel doesn't keep you hooked, give up reading'- says writer Ashwin Sanghi



Yugma



PHOTO : BIBHUTI