

JULY 19 - JULY 25, 2020

# SUNDAY POST

HERE . NOW

# Survival tales



P  
3,4 COVER STORY



Solanki Bhowmick wears many hats: Actress, software engineer, model, travel vlogger and fitness enthusiast, to name but a few. But she has always been passionate about acting. The Premi Diwana actress who looks forward to her second release *Mate Ishq Helare* opens up on how she spends her non-working Sundays.



With mother



**FITNESS FREAK**

I get up early every day and Sundays are no exceptions. Then I go for an hour of fitness training that includes Zumba, aerobics and other exercises.

**FAMILY TIME**

Come what may, I reserve my Sundays for my family. I am also a big time foodie and don't miss to dine together, in company of my mom in particular who is my best friend.

**SHOPAHOLIC**

I love shopping and Forever New, Zara and H&M are my favourite brands.



**CINEPHILE**

I love to watch a lot of films which also helps me in my profession. These days I am addicted to web series. Currently I'm watching my favourite Sushmita Sen's *Aarya* which is steaming online. Apart from watching movies, I also love to play billiards and carom with my family.

**AVID VLOGGER**

On Sundays, I prefer to shoot my fashion blogging videos and upload them on social media. I also learn a few makeup hacks so that it helps me during the shoot.

CHAITALI SHOME, OP

**WAR HEROES**

Sir, Last week's cover story 'Real life superheroes' is a tribute to the frontline Covid warriors. At a time when others spend time with their families, the doctors serve the corona patients round the clock risking their own lives. I would like to salute the doctors who have not visited their family members for last five months for the wellbeing of others. However, it's unfortunate that doctors and medical workers in many parts of the country are being ostracised. People should hate the disease not the doctors and nurses who treat the infected persons. Even pregnant doctors are not retreating from their responsibility. Instead of hating health professionals, we should stand by them.

YOGANANDA SAHOO, PIPILI

**WELCOME ADDITION**

Sir, Poet Durga Prasad Panda on My Sunday column came as a big surprise for me last week. He is not only one of the most romantic poets of our time, the soft-spoken rhymester also expresses his concern in social media over many burning issues. I became his fan after reading his anthologies *Nian Bhitare Hata, Rati Autike Gadha Hele*. I liked his way of spending Sunday: helping his daughter in study, cleaning his personal library, meeting his poet friends and discussing books. I would like to see his full-fledged interview to learn more about him. Being a regular reader, I request you include more literary personalities in this segment.

APARNA ROUT, BHUBANESWAR

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

# Survival tales



**Chhabirani actor Aman says, nepotism does exist in Odia film industry, else, he wouldn't have to wait for over a decade to get his first project**

RASHMI REKHA DAS, OP

Even as it has been over a month to the death of young actor Sushant Singh Rajput, the word nepotism is still in currency. Every day new theories crop up behind this tragic incident and he has not stopped being in the news. The *Chhichhore* actor's fans also want to know whether such discrimination and formation of coteries in the film industry caused his death. On the other hand, it is also important to know whether it is only the Hindi film industry or other regional industries are also plagued by this disease, if any.

If there are star kids like Ananya Pandey, Varun Dhawan, Tiger Shroff, Sonam Kapoor, Sonakshi Sinha in Mumbai, back home we have Babushan, Barsha Priyadarashini, Anubha, Amlan Das, Budhaditya Mohanty, Akash Das Nayak and others. Most of the star sons or daughters are also quite successful in Odia film industry. Despite the presence of these starkids, there are many actors who made it big in Ollywood without having any filmy background. Some of them, in a candid chat with **Sunday POST**, bare their feelings on nepotism and tell how they managed to survive in the industry.

Avisekh Rath, who entertained people in films like *ACP Sagarika*, *Kehi Nuben Kahana*, *Baiasali* and *Katha Deli Matha Chuin*, admitted that he had suffered because of nepotism or favouritism in Odia film industry. "During my initial days, I was often replaced by other actors, starkids in particular, in a couple of films even after I was fi-

nished for lead roles. This was a reason my debut in the industry got delayed by one and half years. I failed to get decent offers as I did not have connection with influential people of Odia filmdom. But my hard work paid off and I didn't look back after the first film."

Interestingly, Avisekh, like Sushant Singh Rajput, was also into engineering before making his debut. He quit studies to follow his passion for acting. Sushant's mother died when he was barely 16. Coincidentally, Abhishek also lost his mother when he was 14.

Jyoti Ranjan Nayak, winner of the reality show *Mitha Mitha Jodi*, is now a well-known face in the industry. He entered the Odia film industry in 2016 and has so far appeared in 16 films including *Dele Dhare Katha Sare*, *Nijhum Ratira Sathi*, *Dil Ka Raja*, *Mitha Mitha*, *Tu Mo Hero*, *Happy Lucky*, *Ole Ole Dil Bole*, *Sathi Tu Pheria*, *Pyar Alaga Prakar*, *Tu Mo Suna Chadei*, and *Prema re Rakhichi 100 ru 100*. Ahead of the release of his film *Super Boy* opposite Tamanna, and *Tu Bhari Beautiful* opposite Archita and Lipsa, Jyoti says "Though I am not a direct victim of nepotism in the industry as such, but I was not getting good offers that ultimately went to the star kin or superstars. In the initial days, I was offered the films that were rejected by them. I was lucky that the industry accepted me wholeheartedly for which I managed to do 16 films in just three years."

Aman's recognition as an actor came a shade late in life as he does not have any background in film industry. It took almost

11 years for the audience and critics to take note of Aman, thanks to his soul-stirring per- for-

mance in Shailendra Parida's Odia flick *Katha Deli Matha Chuin*. His role in *Chhabirani*, based on the infamous gangrape of Chhabi Rani in 1980 that sent shockwaves across the state, has been appreciated by everyone. About nepotism in Odia filmdom, he says, "Nepotism does exist in film industry. Else, I would not have had to struggle for over a decade to get my first project. Though Odia film industry is not that big compared to Hindi or South film industries, you call it nepotism or favouritism, it is part of our system. Favouring one over the other is a human tendency. But, it is widespread in film industries. Therefore, it is really tough for an actor to survive if he doesn't have a film background. There is no dearth of examples when talents are overlooked and priorities given to favourites and star relatives. Self-made actors are hardly invited to party and functions hosted by celebrities. They are being underestimated every time and made to feel worthless asset of film industry. I have faced such situation on many occasions in my career."



Jyoti with Riya



Avisekh in Dekha hela Prema Hela



Narrating the depressing state, he continues: "If you want to be in the industry, you have to shift your base either to Cuttack or Bhubaneswar. Most recently, I got a phone call from sponsors of an award show and was told that 'You are chosen to get the best actor award for your role in *Chhabirani*. You are cordially invited to attend the award function.' After a few days, they called back and said 'If we give you best actor's trophy, the show would not attract crowd. That's why we have zeroed in on a superstar.' This is what happens with self-made actors who want to make a name in the industry."

Coming back to Sushant Singh case, Aman had once spent 16 days at a row with the late actor. Narrating the experience, he says "In 2009, I had gone to Mumbai to attend a 15-day acting workshop. Sushant and I were sharing the same hotel. Actually, most of the struggling actors stay in that hotel. He was there for a photoshoot. It was just before he signed tele soap *Pabitra Rista*. We used to sit for hours on hotel's terrace and discuss various topics on acting and other issues. He was so passionate about his craft that often he would ask me what was being taught in the workshop. After learning that Odisha houses 15 forms of folk arts, he took keen interest to know their origins. Besides, he patiently listened to tidbits of Daskathia and Pala, two prominent folk art forms of Odisha."

Swaraj Barik, the current heart-throb of Odia film industry, says, "I have worked in as many as 22 films as a child artiste before I was launched as main lead in *Tu Mo*

*Love Story*, a runaway success of 2017. Later, I appeared in movies like *Laila O Laila*, *Love Express* and *Love Story 2*. Since I became a familiar face from my childhood, I didn't have to face nepotism like others when I started off as a lead actor in films. However, I faced a different kind of discrimination during my school days. Though I was better in studies than our teacher's son, he used to secure first position in the class. He was deliberately given more marks than me and I always came second in the class. However, he couldn't retain his position once we were in college. So, I feel nepotism exists in every sphere and we have to deal with it patiently."



A scene from *Chhabirani*



Avisekh with Elina in *Kehin Nuhen Kahara*

A still from the movie *Laila O Laila*



Aman with Chandrani

# In a league of his own

**ACTOR, DIRECTOR AND PLAYWRIGHT NABIN KUMAR PARIDA HAS WON ODISHA SAHITYA AKADEMI AWARD FOR NATUA O ANYANYA NATAKA, A PLAY HE HAD WRITTEN 34 YEARS AGO.**

RASHMI REKHA DAS, OP

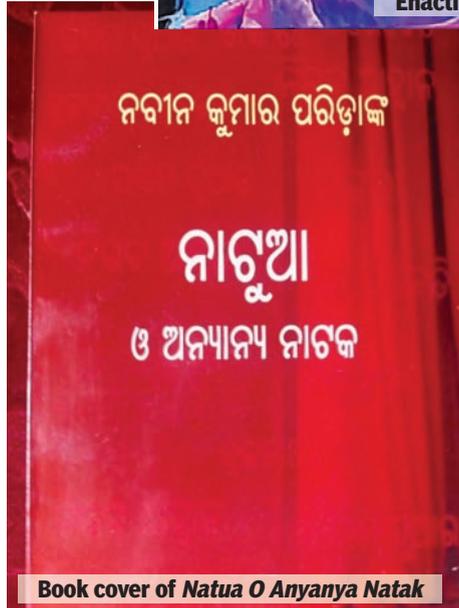
After teaching theatre history and stagecraft for nearly three decades, directing more than 40 plays and authoring five books on drama, Nabin Kumar Parida needs no introduction to state's theatre lovers. Therefore, it came as no surprise to many last week when his name was amongst the recipients of Odisha Sahitya Akademi award for the year 2015. But surprisingly, he was picked up for the honour for *Natua O Anyanya Nataka*, a play he had written 34 years ago.

Born to Bishnupriya and Harischandra Parida of Jamalpur near Jaleswar in Balasore district, Nabin wanted to be an actor when he was a kid. This took him to Kolkata, the cultural epicentre of India following his formal education, where he obtained a Master's degree in drama from Rabindra Bharati University in 1979. Later, he joined Utkal Sangeet Mahavidyalay (USM), an institution that promotes the rich culture of the state, as a lecturer. Needless to say, he is one of the most respected names in the circuit for his commitment towards the growth of theatre in the state. He does his job quietly without any hype or exhibition which separates him from others in the fraternity.

In a breezy chat with **Sunday POST**, the retired USM principal, who attributes his success to his parents and wife Annapurna Parida, underlines a few high points of his theatrical journey.



Enacting a character in *Shunyar Shunyak*



Book cover of *Natua O Anyanya Natak*

**Sunday POST:** To begin with, you wanted to be an actor but what made you change your mind to become a stagecraft professor?

**Nabin Kumar Parida:** I was selected for my Master's programme in Rabindra Bharati University. Expectedly, the students there speak their lines in Bengali. Hailing from Balasore, I could easily communicate in Bengali with others but my accent let me down when it came to dialogue delivery. My teachers spotted the flaw and advised me to make a career in stagecraft. So, I changed my special paper from drama to stagecraft. Their advice turned out to be a blessing in disguise for me. When I returned to Odisha, Utkal Sangeet Mahavidyalay invited applications for the post of lecturer in stagecraft in drama department. As I was the first person in Odisha who did Post-graduation in stagecraft, I was selected for the job.

**SP:** You were popular among the USM students during your tenure. Would you share some fond memories with the readers?

**NKP:** I was very friendly with all my students and stood by them whenever they needed my presence. Be it a cultural programme, NSS camp, sports or classroom activities, I worked shoulder to shoulder and encouraged the students. So, they always found a friend in me. I also enjoyed their company equally. When I was the adviser of the Student Union, I conducted Union Election, launched NSS, organised annual sports, introduced wall magazine in USM and conducted boys' hostel function regularly. Several pleasant memories are attached with all these activities. However, my biggest achievement was to conduct a seven-day theatre festival (Natya Saptaha)

which eventually led to beginning of campus selection process for drama students in the college.

**SP:** You have directed many plays. Which play is close to your heart and the reason thereof?

**NKP:** I have directed 45 plays. So, there are quite a few plays which are my favourites. I have enjoyed my direction in plays such as *Sri Jaydev*, *Tata Niranjana*, *Mudra Rakhyasa* and *Oedipus*. I have seen transformation in personal lives of the artistes in the process of enacting *Tata Niranjana*. Similarly, the dedication of the artistes during staging of *Mudra Rakhyasa* and the competitive spirit among them in *Oedipus* will remain with me till I am alive.

**SP:** When did you start writing plays?

**NKP:** I started writing when I was in school. Ganesh puja and Saraswati puja were the occasions when I showcased my skill as a playwright. I took writing seriously in 1971 and came up with my first play *Sahid Uddam Singh* which was enacted during Lakhmi puja at my village. However, *Natua O Anyanya Nataka* helped me get recognition as a playwright.

**SP:** Tell us something about Nabina Barnali Natya Sanstha.

**NKP:** Nabina Barnali Natya Sanstha was earlier known as Barnali Natya Sanstha which was launched in 2007 and its first play was *Mudra Rakhyasa*. However, *Mudra Rakhyasa* was staged by the artistes of Satabdi Ra Kalakar, a prominent theatre troupe of the state, at National Theatre Festival. I played the character of Chanakya after a gap of 25 years but the audience loved my acting. Nabina Barnali Natya Sanstha came into being after I got retired. And the first play of Nabin Barnali Natya Sanstha was *Chintha Pruthibi Achintha Ghara*.

**SP:** You have written many plays and authored some books on several aspects of theatre. What inspired you to take the plunge?

**NKP:** So far, I have written 40 plays, of which 34 have been published. That apart, I have penned five books based on the fundamentals of drama. Apart from history of theatre, we had hardly any book in Odia language to learn theatre. Though Odisha Sahitya Akademi published a translated version of *Natya Sastra*, a Sanskrit treatise on the performing arts, not many copies were visible in the market. So, my prime objective of writing the books was to help out the students. Besides, some of the big names in theatre like thespian Asim Basu, fondly called Dada, playwright Bijay Mishra and director Ananta Mohapatra helped and inspired me to write. Dada even did cover designs of my first two books. *Natya Katha*, *Mancha Sajja O Aloka Binmyasa*, *Vidyalaya Natyasikhyaya* and *Natya Trayee*, *Abhineta Charitra O Abhinaya* and *Natya Prabandha* are some of my much appreciated books while I am looking forward to the release of my latest book *Nirdesaka O Nirdesana*.



## Vidyut enjoys a spa day

Action hero Vidyut Jammwal is making the most of his free time by relaxing with his 'loved ones'.

The actor took to Twitter to share moments from his day.

"Sometimes you need to just chill with your loved ones. #SpaDay," Vidyut posted.

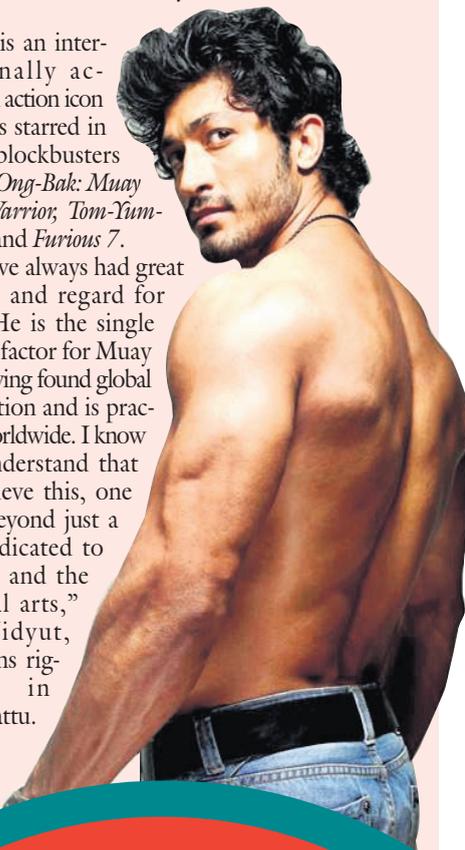
He also shared pictures, in which he is seen with his dog in a swimming pool float. The actor is seen beaming with joy as he enjoys his day off.

Recently, Vidyut had an 'enlightening' chat with martial arts star Tony Jaa.

Jaa is an internationally acclaimed action icon who has starred in global blockbusters such as *Ong-Bak: Muay Thai Warrior*, *Tom-Yum-Goong* and *Furious 7*.

"I have always had great respect and regard for Tony. He is the single biggest factor for Muay Thai having found global recognition and is practised worldwide. I know and understand that to achieve this, one goes beyond just a life dedicated to fitness and the martial arts," said Vidyut, who trains rigorously in Kalaripayattu.

IAN S



## Vaani goes deglam for *Bell Bottom*

Vaani Kapoor is glad about the lockdown for one particular reason. She says it is a refreshing change to go sans make-up.

"We are evolved enough to embrace ourselves in the most natural way possible and it is actually quite refreshing to be happy in your own skin," Vaani said.

Vaani is back at work, having commenced shooting for her upcoming film *Bell Bottom*, and she couldn't be happier. She recently said: "I,

honestly, am just happy with work resuming after a long break. One will of course have to be extra cautious and keep all preventive measures in mind but it feels exciting to embark on a new journey!"

Inspired by true events, the film is set in the eighties and narrates the story of one of India's forgotten heroes. Directed by Ranjit M. Tewari, *Bell Bottom* is scheduled to go on floors later this year. It is written by Aseem Arrora and Parveez Shaikh.

IAN S

## Abhay Deol loves water, salty air

Actor Abhay Deol has shared that he loves water and salty air, in a new post on his official Instagram account.

"#sea," wrote Abhay, alongside an image in which he can be seen enjoying in the sea. Actress Bipasha Basu took to the comment section and wrote: "I want to be there too."

Recently, Abhay, in a social media post, shared that he went the extra mile in his career to make his own path and called his uncle, veteran star Dharmendra, whom he fondly calls his 'dad', his inspiration.

He took to Instagram, where he spoke about nepotism prevalent everywhere. He also shared a picture of himself along with Dharmendra.

IAN S



## Urvashi calls for ban on virginity testing

Model-actress Urvashi Rautela feels there is still double standards and stigma attached to the issue of virginity among women that needs to be stopped. She adds virginity testing, which is prevalent in many parts, should be stopped, too.

Her new film *Virgin Bhanupriya* released digitally this weekend. In the film, she plays a girl who is desperate to lose her virginity to begin with.

Asked about why virginity is a parameter for judging a

women's character, Urvashi said: "India is a land of contrasts. On the one hand we are the land of Kamasutra and we have temples with erotic sculptures, and on the other hand we have the whole taboo on female virginity. We have a very conservative approach on female virginity where we take virginity as a parameter to judge a girl's character, moral value etc."

*Virgin Bhanupriya* is directed by Ajay Lohan and is streaming on the OTT platform Zee5. IAN S



# MANGO DELIGHT

## Mango ice-cream

### INGREDIENTS

- Heavy cream or whipping cream - 200 gm
- Ripe mango puree - 4 cups
- Granulated white sugar - ½ cup

### PROCEDURE

To prepare mango puree, dice the pulp of fresh mango into chunks. Blend it to a smooth puree along with sugar without using any water. Or you can use canned mango puree. Whip the cream using a hand mixer till soft peaks form. You can use a stand mixer as well for the purpose. Add mango puree in the whipped cream. Whisk using the hand blender or sptaula for 1 - 2 minutes or until well combined. Taste and if required add more sugar accordingly. Pour the ice cream into a freezer friendly container with a lid. Freeze for 5 - 6 hours or until set. Stand for five minutes to soften slightly, then scoop and serve.



## Mango cake

### WET INGREDIENTS

- Mango (Ripe) - 1 big or 2 medium sized
- Curd - ¼ cup
- Sunflower Oil - 2 tbsps
- Hot water - 2-3 tbsps

### DRY INGREDIENTS

- All purpose flour (Maida) - 1 cup
- Chiroti Rava (super fine) - ½ cup
- Milk Powder (optional) - 2 tbsps
- Baking soda - ½ tsp
- Baking powder - 1 tsp
- Granulated sugar - ¾ cup
- 3-4 Cardamom (powdered)
- Mixed nuts, cashew, almonds, and pista
- A pinch of salt

### PROCEDURE

To prepare eggless mango cake Recipe, prep up with all the ingredients first. Chop nuts and deseed mango and chop its pulp, discarding the peel. Preheat the oven at 190 degree Celsius for 10 minutes. Prepare the baking pan by greasing with a little oil or butter and dust 1-2 teaspoon of maida flour. Mix the dry ingredients-maida, chiroti rava, milk powder (if using), baking soda, baking powder and salt well in a mixing bowl. Keep aside. In a mixer, add mango along with sugar and cardamom. No extra water is required at this stage. Later mix all the wet ingredients -mango and sugar puree, oil, and curd - in another mixing bowl. Give a nice stir to mix them evenly. Slowly mix the dry and wet ingredients to form a thick cake batter. Add 2 tablespoons of hot water along with chopped nuts and mix once. Reserve one tablespoon of nuts for topping. Transfer the batter to the prepared cake pan. Top the cake batter with remaining chopped nuts. Bake in the oven at the same temperature for 30-40 minutes. Check after 30 minutes. The top should have turned to golden brown in color and if you check with a toothpick in the center of the cake it should come out clean when the cake is done. Cool the cake recipe for 15-20 minutes on a wire rack, unmold and slice them. The cake is ready to be relished with a scoop of mango ice cream or vanilla ice cream with chopped mango slices.





**Raj**

PHOTO: KUMAR SHARAT