

NOVEMBER 3-9, 2024

# SUNDAY POST

HERE . NOW

# Future of farming

COVER STORY

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3,4



MY SUNDAY

Sivani Sangita, one of the most promising names at the moment in Odia filmdom, started off as a child artiste. But, she never looked back after debuting in 'Sister Sridevi' opposite Babushaan in 2017. An alumnus of DPS-Kalinga, the Cuttack-born actress has appeared in several hit movies, including 'Prem Kumar: Salesman of the Year', 'Babu Bhaijan', 'Bidyaran', 'Malyagiri', and 'Kiss Miss'. Sivani, also a professional dancer and musician, is now enrolled in her BJMC course as she believes that education is the key to the door of opportunities



ANISHA KHATUN, OP



With co-actors



With family

Working Sundays

The best Sundays, in my opinion, are those when I work. If I don't have shoots on Sundays, I prefer to work out in the gym to keep myself in shape.

A true SRKian

On Sundays, I usually watch new movies. If I don't get anything worthwhile, I go for the one starring Shah Rukh Khan. As per the genre, when you are an SRKian, you can't look beyond romantic.

Donning chef's hat

Cooking was not my forte earlier, but slowly and steadily I got into the groove. Reason: Firstly because of weakness for healthy foods; the other one is having a sweet tooth. Not being a fan of fast food, I prefer light stuff when not at home.

Sunday evening

For me, the best evenings are when I go on a scooty ride with my dad or roam around the city with pals.

Fixing flaws

At times, I watch my old movies and songs so that I can work on my shortcomings, as there is always a room for development.

WhatsApp This Week

Only on Sunday POST!

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

THE BEST MEMES OF THIS ISSUE

- Somewhere an elderly lady reads a book on how to use the internet, while a young boy googles "how to read a book."
- I asked the bus driver "How long will the next bus be?" He replied "Same length as this one."
- If you put your left shoe on the wrong foot... it's on the right foot.
- I'll be ill if you remove the apostrophe.



A LONG OVERDUE

Sir, I'm glad to see something about Samaresh Routray, one of my favourite actors in the Odia film industry. I would say a write-up on the accomplished actor was long overdue. Not just in media coverage, the NSD alumnus has not gotten his due in the showbiz even as people much less talented have been hogging the limelight for many years. Not many people know that before being selected for the National School of Drama, Samaresh secured a degree from Utkal Sangeet Mahavidyalaya, the state's premier college in performing arts. Even as he acted with a top Bollywood star like Bobby Deol, he had to wait for his big break to prove his mettle. Chittaranjan Tripathy's *Dhaulti Express* was that opportunity, and he cashed in on that. Samaresh is one of the most versatile actors to grace the industry, and I wish him the best for his upcoming projects.

RANU SAMAL, JAGATSINGHPUR

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. Feel free to 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





# Future of FARMING

The need for fresh and organic food has led individuals as well as communities to look for alternate ways to grow vegetables, and with more people turning 'farmers' at their backyards, urban farming has become a movement of sorts in many cities

ANISHA KHATUN, OP

With cultivable land dwindling by the day in rural areas due to issues like rise in population, groundwater depletion, extreme weather, and fast migration to cities, the phrase 'urban farming' is gaining prominence among urban residents.

However, the concept is not new; it has been documented in ancient civilisations such as Mesopotamia, Egypt, and the Aztecs.

It's due to the growth of civilisation and rapid industrialisation that urban lands grew expensive and were frequently converted to residential and business uses, making urban farming obsolete.

However, the COVID pandemic coupled with concerns about food security and sustainability prompted individuals as well as communities to return to urban farming—a practice of cultivating crops, raising animals, or growing food by utilising available urban spaces such as rooftops, balconies, community gardens, and vacant lots for agricultural purposes. A quest for fresh, organic produce has led individuals and communities to seek alternative methods of food production.

With more people turning 'farmers' to meet their daily need of vegetables, urban farming has become a movement of sorts in many cities.

In this context, **Sunday POST** sat down with a few experts and 'urban farmers' to know about the concept, its significance, and challenges associated with the practice.

### 'If designed well, urban gardens can provide valuable habitats'

Speaking about the emergence of urban farming in Odisha, Piyush Ranjan Rout, a geographer turned urban planner, says, "During the lockdown period, people took up many activities at their homes to overcome depression. Thousands of

Bhubaneswar residents planted 'lockdown gardens' in their backyards, rooftops, and even inside their homes. Once the lockdown period was over, some of these gardens withered away and were supplanted by increasingly efficient urban agriculture."

In the same breath, he carries on, "Even though without much intervention from the government, urban farming is now staging a curious comeback. Residents of Bhubaneswar have set up their own garden to encourage people to grow crops on vacant plots or rooftops. The lockdown has promoted the resurgence of community gardens or urban farming as the solution for 'food deserts' in city neighbourhoods."

Explaining the need and benefits of urban farming in cities, the urban management specialist continues: "By residing in urban areas, we get a lot of low-quality and sometimes dangerous food from markets. Therefore, urban agriculture should also be a part of the food security programme. Urban farming likely won't ever provide cities with all that many calories, but it can at least meet fifty percent of its requirements. Besides, it involves other benefits, from bolstering local communities to (sometimes) encouraging healthier diets. They can also give city dwellers a better appreciation

of how our food is less nebulous than it sounds."

Talking about the benefits, he adds, "Community gardens and urban farms can provide some families with an additional source of healthy, low-cost produce. That's a worthwhile goal in itself, and there is a belief that people who engage in urban farming eat more fruits and vegetables."

When it comes to the environmental effects of urban farming, the urban planner explains, "Modern-day industrial agriculture certainly has its environmental drawbacks, from soil degradation to disruption of the nitrogen cycle to all the fossil fuels used for the heavy machinery. Urban agriculture reduces the distance that food needs to be transported and decreases the overall carbon footprint of agriculture."

There are other perspectives to consider too. According to Rout, "Urban growers often use less water and fertilisers and pesticides than rural farms do. Community gardens and green roofs can help filter out local air pollution, cool down cities during summer and retain precipitation by avoiding stormwater runoff into nearby waterways.

When designed well, urban gardens can provide valuable habitats."







**'Important to engage senior citizens, homemakers, and young children'**

P Srinivas, principal scientist at Central Horticultural Experiment Station (ICAR-Indian Institute of Horticultural Research), Bhubaneswar, says, "With increased awareness and enhanced economic capacity of families in urban areas, there is an increasing trend of urban farming in many cities."



Talking about ICAR's initiative, he adds, "Meanwhile, we are also promoting rooftop gardening and urban horticulture through a state-funded innovative project since last year in five selected cities of Odisha, namely Cuttack, Berhampur, Bhubaneswar, Jeyore, and Sambalpur."

According to scientific research, an adult human needs 400 grams of vegetables per day; however, due to intensive commercial cultivation of crops, getting fresh produce free from pesticide residues is very difficult. Growing fresh pesticide-residue-free organic vegetables in home gardens is getting popular among city residents. However, there is a lack of proper information available to them, he shares.

The principal investigator of the project says, "Home gardens are essential for obtaining fresh and pesticide-free organic vegetables for a healthy lifestyle. It's important to engage senior citizens, homemakers, and young children with gardening activities for physical and mental engagement."

According to Srinivas, one of the biggest obstacles to urban farming is a lack of appropriate technical expertise and guidance. The majority of urban gardeners grow their plants via trial and error. They look mainly to YouTube videos for reference, which are highly misleading. Aside from this, another difficulty is obtaining high-quality seeds and planting materials appropriate for home gardens, he adds.

He says, urban home gardeners prefer to utilise plant-based insecticides, microbial pesticides, and organic nutrient

sources. Though the procedures for making products like jeevamrut, beejamrut, ghanashtra, etc. are generally accessible, obtaining the components and manufacturing them at home is somewhat challenging, adds Srinivas.

**'Rooftop gardens lessen the impact of climate change'**

Ashok Das is a senior journalist and organiser of 'Aama Ghara Bagicha', an initiative to promote rooftop gardening.

He says, "It's high time that urban farming should be practiced on a large scale and made a societal movement. Rooftop gardening, which is a part of urban agriculture, should be promoted; people should be made aware of it because many don't know the concept. Rooftop gardening promotes healthy eating habits as people who are involved in gardening consume more veggies as they are available at their convenience, and there is a sense of satisfaction as it is grown in 'MY' garden."



He further states, "Rooftop gardens not only add greenery to the surroundings, but they also control the emission of toxic gases and lessen the impact of climate change. Placing gardens on the rooftops of residential and commercial apartments will noticeably reduce internal temperature, which ultimately means lower consumption of electricity."

In the past, villagers used to foster a sense of community by sharing fruits and vegetables grown in their backyards. But these days, city dwellers don't have this feeling because they don't socialise much with their peers, according to Das. He goes on to say that community gardens and rooftop gardening improve the relationship between neighbours.

"Urban agriculture will also help youngsters learn more about farming, how different crops grow, and the procedures that go into it. Children can have a deeper knowledge about nature and can have appreciation for people involved in agriculture," sharing the additional advantage of urban farming, Das concluded.

**'Watching the seeds sprout and grow radiates positive energy'**

Gitanjali Rout, 56, a homemaker from Bhubaneswar, says, "I was drawn to this realm because of my passion for plants and trees. I've watched my father cultivate a range of veggies in his small garden since I was a child. I used to occasionally go with him, and that's how my love of nature began.



My in-laws loved it when I carried on the same custom in their home. Children also helped me with gardening. For over seven years, we have grown a variety of vegetables on our terrace, including flowering plants and leafy greens."

Gitanjali shares that people from her neighbourhood started visiting her terrace to observe the greenery, and the quinquagenarian has even inspired several to set up gardens on their rooftops by giving them saplings and the required technical support.

Gitanjali has grown a variety of vegetables, including potatoes, onion, beetroot, garlic, pumpkin, ginger, mushrooms, bitter gourd, ridge gourd, brinjal, bottle gourd, lady's finger, spiny gourd, ivy gourd, cucumber, tomato, long beans, cauliflower, lima beans, sweet potato, green chillies, coriander, leafy greens, and 15 to 20 varieties of flowering plants in her garden. Besides, she also has a few medicinal plants like tulsi and ajwain in her terrace garden. She spends about two to three hours daily taking care of these plants.

On the benefits of gardening, she says, "It gives immense pleasure when I cook my meal with home-grown vegetables, as these are free from pesticides and chemicals. Gardening is also a good form of exercise, and one can maintain his/her fitness while managing it. Apart from that, I enjoy sharing the vegetables I grow with my neighbours and friends. Watching the seeds sprout and grow gives a wonderful vibe.

Gitanjali believes that since rooftop gardens serve to lessen the effects of climate change, the horticulture department ought to support the initiative in a big way.





# Psephologists' brainstorming!



SRIDHAR

Every Sunday in the evening, I go to the auditorium. I love to attend meetings. It is my hobby. Meetings improve my general knowledge in all fields, and I learn many things from great people's discourse. I attend political meetings, trade union meetings, Swamiji's Prawachanas, caste-based meetings, religion gatherings, comrades conclaves, liquor trade association meetings, felicitations, school annual day functions, beauty contests, and what not.

Last Sunday evening, as usual, I went to the auditorium and sat at a remote corner.

It was a big gathering; all the gentlemen in the hall were in full suits, and the ladies were in posh saris and expensive clothes. It was looking like an elite meeting and as if they were directly coming from the Ambanis wedding.

In the backdrop of the stage, the big and colorful banner reads, "All India Poll Survey People's introspective session. I said to myself, "Oh, it was a brainstorming session, 'The Medhomanthan' of these people. Nice. The good idea must spread to all people who make regular mistakes."

After their defeat in the election, usually the Congress party organizes such meetings. The communists simply say the mistake was a 'historical blunder.' The BJP never accepts its mistakes; rather, it glorifies them.

Introspection is always a great thing. We do not make old mistakes. We will make new mistakes. And we leave a chance to organize another introspective session to know our fresh mistakes. Every session teaches us a new lesson. And pave the way to make plenty of new blunders.

After a short prayer, the brainstorming session started. All the dignitaries received bouquets from the volunteers and occupied the dais.

The hall was exceptionally quiet, as if it were a mourning ceremony.

A gentleman rose up and introduced the people on the stage one by one as "this so and so esteemed gentleman belongs to so and so popular poll survey company or so and so TV; his ten poll surveys had gone wrong, and that so and so famous gentleman whose total surveys were proved false, and this respectable lady's survey has gone with the wind; her company's pre-poll predictions were right and exit poll surveys proved wrong." Thus went his introductions.

After that, an elderly speaker went to the podium and started to speak; his tone was trembling but hard. "We are spending lacs of rupees to collect the opinion of the voters, lacs of rupees on manpower and machines. All of our poll surveys went wrong. We are a flap. We have all failed. We failed ourselves; we failed our companies. We failed our viewers and our readers; the people are thinking that they were miserably deceived and cheated by us. They are laughing at us, they are making jokes and memes. We lost faith. No one will believe us hereafter.

We lost trust. We are useless. We have to do something to get back our dignity. Please advise us. The youth have to



come forward with new and creative ideas." The senior man coughed for some time and continued his speech for an hour. He coughed again, had a glass of water with some pills, and sat down in his chair.

Then rose a middle-aged man, grabbed the microphone, and spoke, "Fail, fail, failures, failures, failures and failures in everything... I failed in tenth standard, failed in twelfth class, failed in statistics at Chicago State University, failed in psephology at Oxford University, failed in getting a job in India, and failed in marriage. And lastly, I have started this business. I have utterly failed... What to do now?"

He was almost crying. A girl volunteer rushed to him and gave him a paper towel. Two volunteers helped him to go back to his seat.

And then a lady speaker went to the podium and said, "It would not work; we have to find the cause of our failures and find out a permanent and a new solution."

A person shouted from the audience, "It is not our failure; the public is lying to us; they are voting in favour of one party, and when we inquire, they say another party's name. They are cheating us. It is their fault. We and our machines are perfect. "I just collect the names and palm's photos of the candidates. I go to the palmists, I consult the soothsayers, I ask the bird predictionists, I ask astrologers. Finally, I decide the fate of the candidates with the 'Head and Tail' toss game. It never went wrong," said a poll surveyor.

Do not blame ourselves." Another man cried, "No, I fault with the Election Commission, EVMs, and the Ruling party; some match fixing is going on after every polling."

"But what is the solution?" Screamed the lady at the podium.

"It is better to announce opposite predictions of the data we collect from the voters." The first man shouted.

"Great idea," said another man. Everyone in the hall clapped. It went for five minutes.

Then one man from a corner raised his hand, disagreeing with everything.

A man on the dais invited him to share his ideas. He went to the stage and said, "My agency is always given exact figures of poll results. My surveys never failed. But no one cares about me; no one believes me. And I do not spend much money on surveys. I do not meet the voters. I never interviewed a single election expert or consulted a psephologist so far; I have no friends in any political party."

"What is the secret?" questioned everyone.

"I will tell you," he paused for a few seconds. Took a glass of water and cleaned his spectacles with his kerchief. He started speaking again. "I just collect the names and palm's photos of the candidates. I go to the palmists, I consult the soothsayers, I ask the bird predictionists, I ask astrologers. Finally, I decide the fate of the candidates with the 'Head and Tail' toss game. It never went wrong.

"We follow you." "We follow this method." "Great idea." "Awesome." "Kudos." "We follow your idea." loud the crowds.

And thus the introspective meeting ended.

The writer is ex-sr. cartoon editor, Eenadu.



# Documentary on Nayanthara's film journey

South superstar Nayanthara has a documentary based on her journey, and it's set to drop on OTT on the occasion of her birthday November 18, 2024.

The documentary, titled *Nayanthara: Beyond the Fairy Tale*, follows her life from her modest beginnings to the heights of her illustrious career, and gives fans a glimpse into her journey. Nayanthara is a powerhouse performer, who is known for her versatile work in Tamil, Telugu, Malayalam, and Hindi cinema.

With the documentary, Nayanthara opens her home and heart to inspire young dreamers to reach for their aspirations. Filled with untold stories of her roles as a daughter, sister, partner, mother, friend, and a force to be reckoned with in the industry, the film celebrates the magic that makes her shine.

*Nayanthara: Beyond the Fairy Tale* is set to drop on Netflix November 18.

Nayanthara, who is one of the highest-paid actresses in India, Nayanthara was born as Diana Mariam Kurian in Bangalore, Karnataka.

She has acted in more than 75 films in a career spanning over two decades and has won numerous awards including one Tamil Nadu State Film Award, a Nandi Award and seven SIIMA Awards.



# Hina channels her inner 'Desi girl'

Keeping up with the festivities, actress Hina Khan channelled her inner "Desi girl" dressed in a beautiful Indian wear.

Hina took to Instagram, where she shared a transformation reel. In the clip, the actress, who is first seen dressed up in casual wear, knocks on the camera lens and is heard mouthing the line: "Excuse me has anybody seen..."

To which, the actress transforms into royalty in Indian wear and the song *Desi girl* from the 2008 film *Dostana* starring Priyanka Chopra, Abhishek Bachchan, John Abraham and Abhay Deol starts playing.

She captioned the post: "Desi girl #reelsinstagram #reelitfeelit #trendingreels."

Hina had announced the news about her cancer diagnosis on June 28.

Hina is best known for her role as Akshara in one of the longest-running family drama *Yeh Rishta Kya Kehlata Hai*. Alongside Hina, the show formerly starred Karan Mehra, Shivangi Joshi, Mohsin Khan, Pranali Rathod and Harshad Chopda.

The 36-year-old actress has also participated in reality shows like *Fear Factor: Khatron Ke Khiladi 8*, *Bigg Boss 11*, and *Bigg Boss 14*. She has been a part of shows like *Kasautii Zindagii Kay* in which she essayed the role of Komolika, and *Naagin 5*.



# Tamannaah yearns to learn from Manish

Bollywood actress Tamannaah Bhatia hopes some of ace designer Manish Malhotra's hosting skills rub off on her.

Tamannaah took to Instagram, where she re-shared a picture of herself originally shared by Manish. The actress is seen wearing a beautiful saree by the designer as she attended his popular Diwali bash earlier this week.

For the caption, she wrote: "Hoping some of your hosting

skills rub off on me, had the best night Manish Malhotra."

On the work front, Tamannaah is gearing up for the release of her upcoming film *Odela 2*. Earlier this month she shared a glimpse from the movie.

*Odela 2* is the sequel to the 2022 digital release *Odela Railway Station*, which was based on the real incidents that happened in Odela, India.

Directed by Ashok Teja, *Odela 2* also stars Hebah Patel, Vasishta N. Simha in lead roles, alongside Yuva, Naga Mahesh, Vamsi, Gagan Vihari, Surender Reddy, Bhupal and Pooja Reddy.



# 'Salman is worse than Bishnoi'

Actress and social worker, Somy Ali who was in a relationship with Salman Khan for about eight years has spoken exclusively to this news agency and spilled beans on her days with Salman, her tryst with Bollywood, Lawrence Bishnoi and more.

When asked "Why Salman remains on good terms with his previous girlfriends like Sangeeta Bijlani and Katrina Kaif but not with her, Somy stated "Because the way Salman treated me, he did not treat anyone else. Sangeeta and Katrina were not half as badly abused by him as I was."

Continuing further, she said, "However he abused Aishwarya very badly. I think he had fractured Aishwarya's shoulder. But I am not sure what he did to Katrina." Somy also compared Salman to Lawrence Bishnoi and stated "Considering what Salman did to me, I can say that Bishnoi(Lawrence) is better than him." Somy also recalled how once Salman was hitting her and his household help knocked on the door pleading him not to hit her.

Somy also revealed that nobody except her mother and her close friends are aware of the full extent of her ordeal with Salman. She also informed that she is writing a book on her past relationship with Salman, detailing everything in it.

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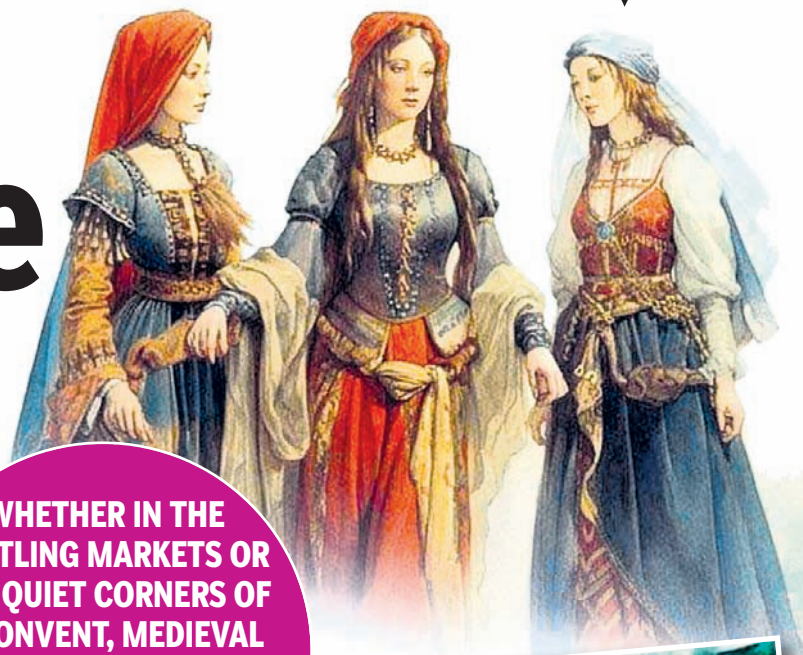
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# Legacies that resonate through time



WHETHER IN THE BUSTLING MARKETS OR THE QUIET CORNERS OF A CONVENT, MEDIEVAL WOMEN SHOWED EXCEPTIONAL SKILLS TO ADAPT, INNOVATE, AND INFLUENCE



OP DESK

Spanning from the 5th to the late 15th century, Middle Ages, also referred to as the Medieval Era, was a period that witnessed the growth of civilisations across a vast region.

It was marked by the fall of the Western Roman Empire leading up to the Renaissance. Within this historical context, the lives and experiences of women were often shrouded under a veil of complexity. They navigated a world - from the domestic spheres to the sacred confines, and into the burgeoning public squares of medieval cities - that presented both challenges and opportunities.

Sunday POST journeys through the adversities and constraints of Medieval Era women as well as their resilience.

## The domestic life

The house, which was the centre of medieval society, was a place where women had a lot of power and responsibility. Home was more than just a place to live for them. It served as a hub for a woman's care and productivity, handling domestic duties, cooking, weaving, and supporting their children's education and well-being.

Despite being perceived as routine, these chores necessitated a thorough understanding of herbal medicine, food preservation, and basic literacy.

In order to maintain the family and guarantee the life of each member, women's roles as homemakers and carers were essential. The medieval house was transformed by their hands into a place of strength, education, and nurturing.

## Education and literacy

For women in the Middle Ages, education and scholarship were valuable resources that were exclusively available to a few. Convent schools were a special luxury for the daughters of the rich. Private tutors instructed some of them, emphasising abilities seen appropriate for their position.

These educational options, in spite of the obstacles, gave some women the chance to pursue careers in science, literature, and the arts, stoking a silent but indisputable intellectual fire.

However, the majority received their education at home, where their mothers and other female relatives taught them the skills they needed to run the family and survive on a daily basis.

## At work

Women were indispensable in the busy world of medieval

trade. While some were artisans and traders, the majority were peasants who worked long hours taking care of crops and cattle. Their labour served as the foundation for communal expansion and subsistence, spanning trade guilds, craft centres, textile workshops, and acres of agricultural land.

Women managed their own enterprises and made enough money to sustain their families within the boundaries of these sectors. For instance, they demonstrated their astuteness in a market dominated by supply and demand by playing important roles in the trade and sale of products in addition to spinning and weaving, which supported the manufacturing of textiles.

Similar to this, their dawn-to-dusk labour was essential to agriculture since it made sure that the cycles of the seasons shifted in favour of an abundant harvest.

## Art and culture

Women discovered a voice in the sphere of medieval arts and culture that cut through the socially enforced silence. In a world where male viewpoints predominated, they were the silent rebels. Among these was the German Benedictine abbess Hildegard of Bingen, a distinguished author, composer, philosopher, and visionary. Her poetry and musical works introduced a unique feminine viewpoint to the largely male discipline of theology.

Ende, one of the first known female manuscript illuminators, was an important figure on the visual arts spectrum.

Marie de France wrote compelling stories that are still regarded as among of the first works of French and Anglo-Norman literature.

## Politics

Throughout the Middle Ages, women discovered subtle ways to influence politics despite major obstacles to direct political engagement.

They created coalitions that changed the power dynamics through strategic marriages, using their roles as mothers, wives, and dowresses to serve as patrons, consultants, and negotiators. Queen Matilda of England, who played a key

role in the unification of England's territories, is one of the notable women in medieval politics. After being denied her legitimate throne, Empress Maud was instrumental in winning it for her son.

While resolving political unrest, Eleanor of Aquitaine held the titles of Queen of France and Queen of England at separate times. In the absence of her male counterparts, Regent Blanche of Castile skillfully oversaw kingdoms.

## A rap up

During the Middle Ages, women's lives were dotted with significant turning points, each bringing with it a special set of difficulties and victories. Childhood for them was a time of learning and preparation, when they absorbed the skills and knowledge necessary for their future roles from the women in their families.

As they entered adulthood, they frequently went through the arduous and fulfilling phases of marriage and motherhood. As mothers, women served as teachers, passing on knowledge and morals to the following generation and guaranteeing the survival of their culture's customs and values.

Women had a distinct kind of influence later in life as elders, frequently regarded as wise and experienced. They showed extraordinary grace and perseverance during these phases. They created enduring legacies in an environment that is frequently harsh and unforgiving.





# Sai Archana



**WANT TO BECOME A MODEL?**  
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