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SUNDAY POST

HERE . NOW



Beyond the call of duty

P
3,4 COVER STORY





KNOWN FOR ACING HER ROLES IN POPULAR ODIA DRAMA SHOWS MAHADEVI AND MAYA, TV ACTRESS DEBASMITA PANDA LOVES TO SPEND QUALITY TIME WITH SISTER 'CHHOTI' OVER A LUNCH AT A GOOD RESTAURANT



Sleeping Beauty

I love to sleep till late on Sundays because I am one of those who believe - A good laugh and a long nap are the best cures in a doctor's book. So, I don't compromise on my beauty sleep.

Day for Relaxation

Though I start my days with pranayam and meditation, Sunday is an exception when I give the sessions a miss. Moreover, I love to relax as much as possible when I don't shoot.

Bibliophile

I derive great pleasure from spiritual books. Now, I am reading Mayur Kalbag's *Aghori-An Untold Story*, a book on the spiritual journey of the Aghori Sadhus.



Debasmita being felicitated by veteran actor Prashant Nanda



With sister

Hosting Sister

My youngest sister 'Chhoti' loves me like anything. No wonder, I love to spend as much time as possible with her. Being a foodie, I take her to a good restaurant and treat her with favourite mutton curry and chilli prawn.

Self-pampering

Being in the glamour industry, it is important for me to always look good. So, I make sure to pamper my skin and hair by visiting beauty salons frequently on non-working Sundays.

Canine Love

Dodo, my four-legged companion, doesn't leave me alone if I am at home. Apart from involving him with some interesting activities, I take him on an outing to make a difference to his life.

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

- Maybe if we tell people the brain is an app, they'll start using it.
- Please God if you can't make me slim make my friends FAT!!!
- I made a huge to do list for today. I just can't figure out who's going to do it.
- The quickest way to double your money is to fold it in half and put it in your back pocket.



A WAKE-UP CALL

Dear Sir, The cover story 'A Reality Check' in the last edition of **Sunday POST** was an eye opener. Being an ardent movie buff, it was disheartening to learn that most of the Odia films don't make it to the OTT platforms due to poor content. On the other hand, acclaimed filmmaker Amartya Bhattacharya's statement was also a revelation. In India, Amazon Prime supports only nine Indian languages, and Odia is not among them. What a pity? Debarring Odia contents, especially when it has been accorded classical tag, from streaming is really unfortunate. I do agree with Snehasis Das' opinion that the borrowed content created by our filmmakers is rejected outright because viewers living outside Odisha want to watch stories of our soil. It is high time that makers here took note of it and came up with quality movies to garner global appreciation.

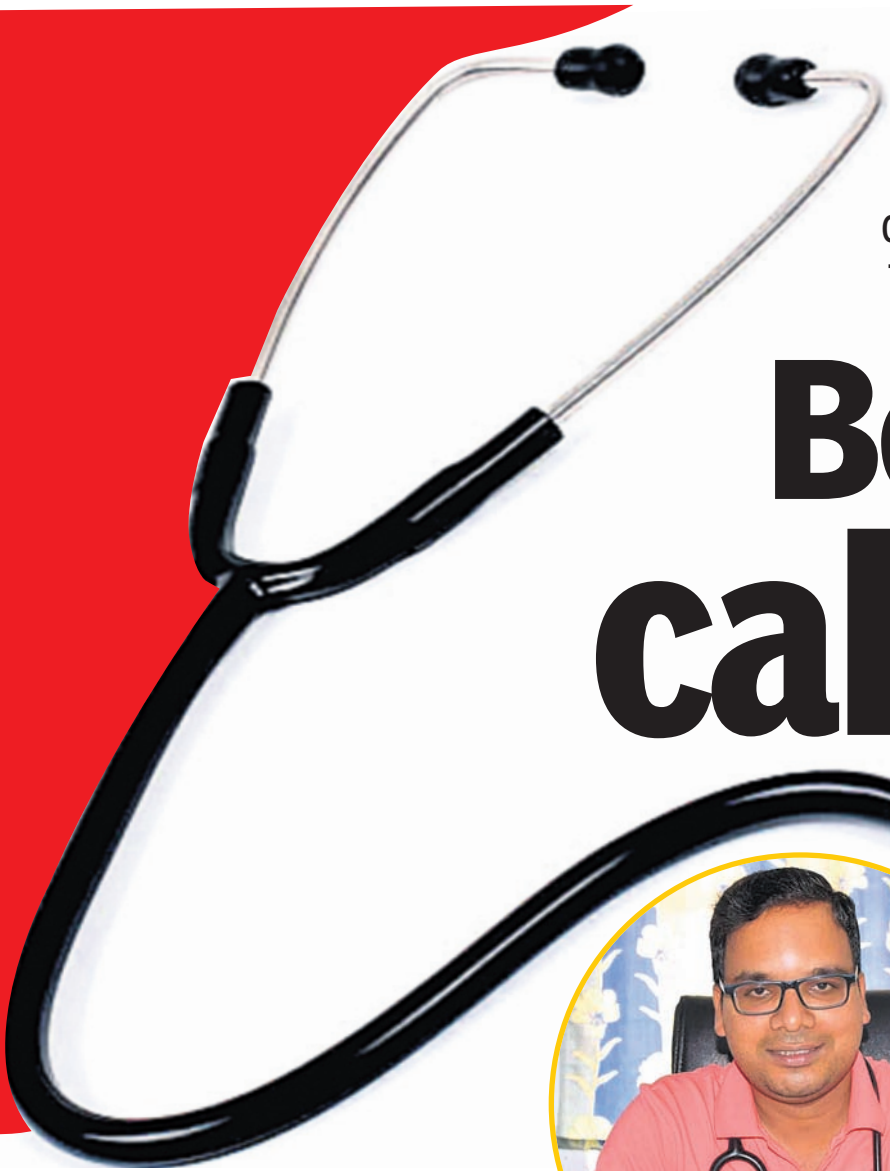
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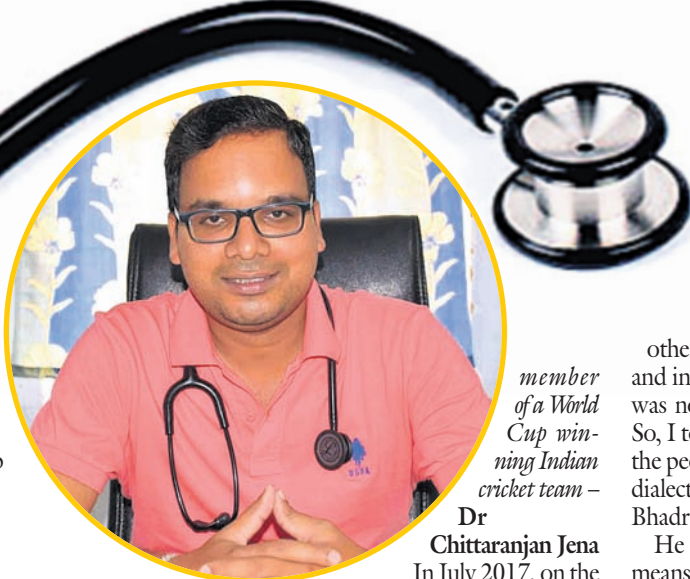
A WORD FOR READERS

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



At a time when medicine practitioners do almost anything to get plush urban postings, there are some who not only choose to work in remote regions but also exceed their job profile to save as many lives as possible

Beyond the call of duty



member of a World Cup winning Indian cricket team –

Dr Chittaranjan Jena

RASHMI REKHA DAS, OP

The official trailer of Odia film *Daman* with top star Babusan in the lead was released last Republic Day on various social media platforms to overwhelming responses from the netizens. The 2.46 minutes clip portrays a doctor's relentless fight against superstitions to save human lives in a remote village of Malkangiri, a tribal district of Odisha. Being based on real events, the trailer came as a refreshing change and little wonder that it struck an immediate cord with the viewers.

Coming from reel to real, what is significant is that at a time when medicine practitioners do almost anything to get plush urban postings, there are some who not only choose to work in remote regions but also go beyond the call of duty to save as many lives as possible.

Sunday POST caught up with two such doctors who with their persistent efforts have managed to transform the lives of people living in trying conditions.

God-like status for a doctor

The closeness was such that whenever I visited any village, people welcomed me with garlands in their hands as if I were a

In July 2017, on the very first day of his joining Koraput's Giriligumma Primary Health Centre (PHC) under Dasamanthpur block, Chittaranjan Jena was shocked to see some 10 diarrhoea patients vying for a single bed. He learnt that diarrhoea and malaria are two major diseases most people suffer from in the block. He also came to know that over a hundred people of Dasamanthpur and Kasipur died due to the outbreak of cholera in the year 2007.

"It was shocking to find out that around 140 people (unofficially it was more than 350) succumbed to cholera consuming porridge prepared from dry mango seeds and contaminated water of a nearby lake. It was then that I launched an unofficial project titled 'Malaria, Diarrhea and Dengue Prevention in Hard to Reach Villages' as part of the measures to contain diarrhoea."

The drive, not part of his job profile, was launched in 12

villages including Ghatmundar, Alchi, Baghalmati, Kalati, Bendela, Fundaguda, Gadalguma and Laresh.

Since the regions lack communication facilities, Chittaranjan had to trek miles to counsel patients about the ill impact of consuming lake water and mango kernel.

"I have formed a seven-member committee for each village who would assist ASHA workers and other health officials to take pregnant women to hospital and inform them about emergency medical cases. Initially it was not easy to communicate with them due to language. So, I took help of a translator with me to communicate with the people. But gradually I became well versed with the local dialects," said the medico who now works at Tihidi CHC in Bhadrak.

He also had created 'Gaonku Chala Committee' which means 'let's go to the villages' and offered services to the poor with the help of some like-minded people from his profession. He undertook various activities such as distribution of mosquito nets to prevent malaria and dengue, asked them to keep their surroundings clean to prevent mosquito breeding and also advised lactating mothers on the importance of exclusive breastfeeding for the first six months. Besides, he made them understand that malaria is a disease caused by a parasite not the handiwork of any evil spirit.



Village women learning correct handwashing technique from Chittaranjan



Chittaranjan explaining drug dosage to an elderly woman



Chittaranjan treks a rough terrain to render healthcare services to the tribals



Chittaranjan being felicitated by former Union Health Minister Dr Harsh Vardhan

That's not all. He also launched another initiative 'Swasthaya Sahayaka Bahini' (SSB) which worked as an intermediate between villagers and medical authorities. They used to inform the authorities about the difficulties being faced by needy tribes in getting benefits from government schemes.

"I asked villagers to consume boiled water and taught the schoolchildren a seven-step hand-washing drill. Apart from medicines, I also provided free soaps to villagers to wash their hands. My efforts of three years yielded results as Dasamantpur block witnessed zero diarrhoea incidences and the Koraput district came under Annual Parasitic Index having lowest number of diarrhoea cases," said Chittaranjan who also received an award from the Union Health Ministry and Governor of Odisha for serving people selflessly and bringing remarkable change in a tribal block.

Sharing an anecdote, he says, "The closeness was such that whenever I visited any village, people welcomed me with garlands in their hands as if I were a member of a World Cup winning Indian cricket team. It may sound incredible, but they used to address me as Bhagaban Doctor (A god in form of a doctor). What else can a physician ask for? I will never forget the day when people bid farewell to me. They were all crying and urging me with folded hands to stay back. I am happy that the committees I formed are still working even after my transfer from the PHC," says Chittaranjan, who is now posted at Tihidi Community Health Centre in Bhadrak.

Free consultations for 3,000 Covid-19 patients

I go beyond my area of jurisdiction to treat the patients as I want to see a healthy environment around me – Dr Suraj Kumar Jena

Hailing from Balasore, Suraj Kumar Jena joined Raj Berhampur CHC under Nilagiri block in 2019 after securing an MBBS degree from VIMSAR, Burla. In no time, Suraj carved a special place for himself in the hearts of the villagers for his dedication and commitment to his work. Apart from checking patients on his duty hours, he often makes the rounds of villages on holidays and conduct health camps to offer free health services.

"Earlier the people relied on superstitions and traditional therapies to treat diseases. The daily attendance

at the CHC was not more than 10. I had to work hard to change their mindset and now I am happy that the CHC registers about 200 patients a day," says Suraj, who offered free consultations to more than 3,000 Covid patients during the first wave.

He continues: "You would be surprised to know that even as patients' condition deteriorated, people never came to hospital. They would rather trust witchcraft practices. Once, 20 people died suffering from unknown diseases in a span of two months at Tulankadaba village. On being probed, it was learnt that only eight people had died in that period out of which two succumbed to snakebites, two due to geriatric ailments, two of diarrhoea and one each suffering from cancer and kidney-related disease. There was no trace of unknown diseases. The villagers used to depend on river water for their daily chores and drinking purpose as a result of which many people suffered from diarrhoea. With our efforts, more tube wells were dug in the villages and our constant efforts in coordination with the ANM and ASHA workers changed the approach of the villagers."

There was an instance when a serious malaria patient was not allowed to be taken to hospital in an ambulance. Suraj and his team had to wait for half a day to convince the patient's kin to bring him to hospital. Besides, people at the hamlet claimed that they developed 'magnetic powers' in their body after getting vaccinated for Covid-19. Understandably, the villagers refused to vaccinations after the news spread. But Suraj and his team managed to convince them that their claim had no basis.

Recalling an anecdote he says, "A four-year old boy was brought to me who was suffering from fever. But the medicines did not help reduce his temperature at the beginning. So,



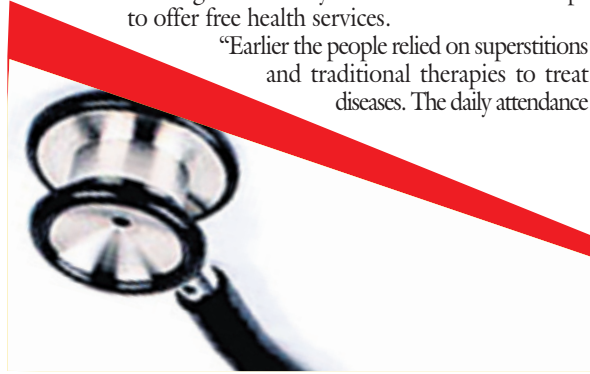
Suraj monitoring blood pressure of a woman at a health camp

his parents resorted to witchcraft practices to cure him. However, his condition still didn't improve and he became critical. So, the couple had no option but to bring the child back to me. After administration of drugs, he not only gained sense and the body temperature also came down. The improvement changed the outlook of the couple forever. They admitted that treating patients through witchcraft practices is a stupidity."

part from looking after patients at his CHC, Suraj goes to hilly villages to treat patients. "My father and some of my childhood friends help me organise free health check-up camps and distribute free medicines among the needy. Being a doctor, I love to see a healthy society around me. That's why I go beyond my area of jurisdiction when it comes to treating patients", signs off Suraj.



Suraj in conversation with a patient at OPD at Raj Berhampur CHC



Veganism key to a greener tomorrow

A STUDY REVEALS STRICT VEGANS HAVE THE LOWEST CANCER RATES, FOLLOWED BY VEGETARIANS WHO DON'T EAT MEAT BUT DO CONSUME ANIMAL-BASED PRODUCTS LIKE EGGS OR MILK

Swear off meat - a popular New Year's resolution among millennials and Generation Z. Modern-day generations are more aware of the consequences of excessive meat consumption and are voluntarily attempting to reduce it. Today, mock meat, a sustainable lifestyle, and empathy for all are driving veganism forward.

Veganism, a seemingly innocent word has become an important tool in the fight against degrading environmental conditions, and it has done so in style. It is more than just a diet. It is about choosing a way of life that excludes animal-based products, particularly food. It is a philosophy that vehemently opposes the use of animals as commodities. Perhaps this is why celebrities like Lewis Hamilton and Tom Ford are so adamantly in favour of a plant-based, eco-friendly diet.

But the question remains, why is the world suddenly blitzed by veganism?

Key to good health

Many people believe that the only reason they eat meat is for its nutritional value. It's high in protein, essential nutrients like iodine, iron and zinc, as well as vitamins like B12 and essential fatty acids. What if you could get all of these nutrients from a plant-based diet? Processed meats, such as bacon and sausages, are high in cholesterol, making them extremely dangerous in terms of causing cardiovascular disease and cancer.

According to research, eating animal flesh, milk and eggs may be as harmful as smoking. Another study found that strict vegans have the lowest cancer rates, followed by vegetarians who don't eat meat but do consume animal-based products like eggs or milk.

Concluding that, while a high BMI and smoking habits are important factors, dietary choices play a significant role in determining health.

Environmental rejuvenation

Leading organisations have repeatedly stated that the meat industry is a major source of pollution, food scarcity and ocean depletion. According to a recent paper published in Nature Food, global greenhouse gas emissions from animal-

based foods are twice as high as those from plant-based foods.

Having said that, one can effectively reduce their carbon footprint by reducing their consumption of animal-based products such as meat, dairy and eggs and adopting a vegan lifestyle. Indeed, the United Nations has stated unequivocally that a global shift toward plant-based foods and veganism are critical components in combating the worst effects of climate change. Do you need any more reasons to go vegan?

Taste and sustainability

Do you think it's dramatic that animal agriculture is being described as "dark and horrifying"? It is, in fact, and you don't have to travel far to witness people's heinous actions. Snatching infant male calves from their mothers, sending innocent animals to slaughterhouses or worse, and treating animals like machines to produce milk, eggs and a variety of meat, the stench of industrial farming will never leave humankind.

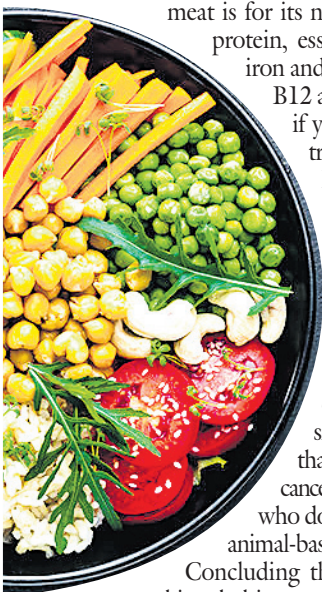
We won't be able to wash our hands of the blood of innocent animals, but we can put a stop to these atrocities. Consider for a moment that in order for you to have a tasty snack, a happy and pure soul must be sacrificed.

People today can easily adopt veganism without compromising their palate, thanks to the introduction of vegetarian meat and healthy advances in plant-based food recipes. You can still eat your favourite chicken wings or pork sausages with a plant-based meat twist. These environmentally friendly meat alternatives taste, feel and even cook like traditional meats and can be added to a regular diet as a sustainable alternative.

Veganuary: Steps towards a better tomorrow

While veganism has its roots in environmental concerns and animal welfare, its numerous health benefits have also drawn a large number of followers. And, given that most people begin the new year with food-related resolutions, the term 'Veganuary' has gained popularity in recent years. Following the 21-day rule is said to turn any personal or professional goal into a habit.

AGENCIES



Sara's hilarious weight loss tip to fan

Sara Ali Khan had a fun AMA (Ask Me Anything) session with her followers on Instagram last week. The actress has had an inspirational weight loss journey and a netizen asked Sara for a weight loss tip. "Do I really have to stop eating pizza to lose weight?" a user asked to which Sara replied, "No you can have some but not Sara. And Definitely not itna Sara." Another user asked Sara to share some skin care tips and the actress revealed, "Vitamin D and meditate".

Previously, the actress had slammed a netizen who trolled her for her shayaris. An internet user asked Sara during the AMA session, "Why are your shayaris so bad?" Sara penned a shayari in response and wrote, "So I drive positive people like you mad, And because rude judgments don't make me sad, And I am who I am in spite efforts of mom and dad, As it's a result of all the laughter and fun I had, And not to mention after that I feel glad, I hope you don't actually dislike my shayari, and if you do then just a tad..."

Last seen in *Atrangi Re*, Sara Ali Khan recently wrapped Laxman Utekar's next movie. The actress is paired opposite Vicky Kaushal in this entertainer. The team has shot for this yet-untitled movie in Indore. The actress is also rumoured to have signed up for Vicky's *The Immortal Ashwatthama*.

AGENCIES



Rashmika on working with Amitabh in Goodbye

Rashmika Mandanna is riding high on the success of her latest outing, *Pushpa: The Rise*. The actress is gearing up for her big Hindi film debut. She will star opposite Sidharth Malhotra in *Mission Majnu*. She has been roped in for *Goodbye* with Amitabh Bachchan and Neena Gupta.

In a recent interaction with a news portal, the actress opened up about working with Big B. She called Mr Bachchan an 'absolute doll'. The actress heaped praise on her co-star and said that he is an amazing person and a legend.

Rashmika told *India Today* that the megastar made all of them feel extremely comfortable on the sets and any words for him would be too short to describe him.

Released December 17 in theatres in Telugu, Tamil, Malayalam, Kannada, and Hindi, her film *Pushpa* has amassed over Rs 300 crore worldwide as per makers. Starring Allu Arjun in the title role, the action-thriller is set against the backdrop of red sandalwood smuggling that follows the violence which erupts between the smugglers and cops.

Mandanna essayed the role of a village belle named Srivalli.

AGENCIES



'I post what I enjoy; it's as simple as that'

Dhoni plays superhero in Atharva -The Origin

Giving comic lovers and MS Dhoni fans a reason to rejoice, Virzu Studio in association with MIDAS Deals, has released the motion poster of its upcoming mega-budget graphic novel *Atharva - The Origin*.

Starring none other than Dhoni himself as a superhero and warrior leader, the official motion poster was released Wednesday by the cricketer on

his official Facebook handle.

The motion poster features a rugged-looking Dhoni, giving fans a glimpse into the world of Atharva and also a sneak peek into the first look of the cricketer as a superhero.

In an effort to offer an immersive experience to readers, the creators have worked with a team of artists diligently for several years to create the mystical world of Atharva.

Commenting on the project, the former India captain and Chennai Super Kings skipper said: "I am thrilled to be associated with this project and it is indeed an exciting venture." Author Ramesh Thamilmani said: "We have worked for several years to bring alive a vision, an idea and translate it into a masterpiece as you will see. I am excited and happy to have MS Dhoni portraying Atharva, who truly embodies the character."

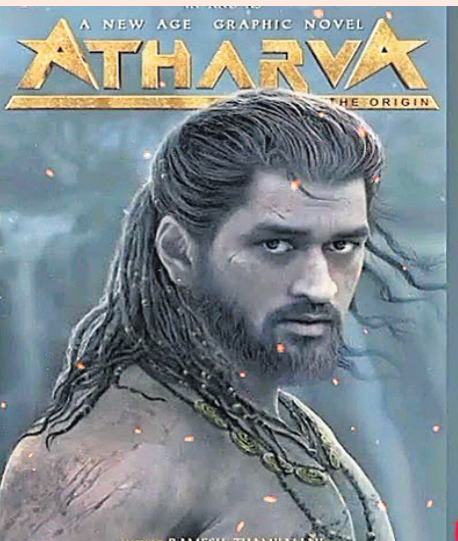
AGENCIES

Instagram is a platform for self-expression and I post what I enjoy. It's as simple as that. I don't pay attention to negative comments," said the actor, who will next be seen in *Ek Villain Returns* and *Yodha*.

Actor Disha Patani has often been at the receiving end of relentless trolling for her bold fashion choices on social media, the latest being the bikini pictures she posted from her Maldivian beach vacation. But she remains unbothered. "I've learned to block out the comments from people who choose to spread hatred and not love on social media platforms."

Post her Hindi film debut with *MS Dhoni: The Untold Story* (2016), Patani has been seen in a bunch of action films where her male co-stars share more screen time. She, however, isn't worried about screen time, as she says, "The story and the character always drive me, irrespective of the length of my role. I'm happy as long as it contributes to the film."

Going forward, the 28-year-old wants to be seen performing stunts in her upcoming projects. In fact, her next, *Yodha*, will see her engaging in high-octane action sequences. She shares, "Action and stunts have always been viewed as a man's domain but slowly things are changing and I'm hopeful that women will be able to headline action films soon. I would love to work on a film like *Lara Croft: Tomb Raider* (2001). That has been a dream." AGENCIES



Get rid of facial hair naturally



UNWANTED HAIR GROWTH IN WOMEN IS MAINLY CAUSED DUE TO HORMONAL OR GENETIC DISORDER, STRESS, PRESCRIPTION DRUGS, HIGHER THAN NORMAL LEVELS OF MALE HORMONES IN THE BODY OR A COMBINATION OF VARIOUS SUCH FACTORS

Every woman wants to look beautiful, soft and smooth without any dark hair on face or other parts of body skin. The various products available in the market to get rid of thick facial hair can be expensive and irritate skin due to harsh chemicals.

There are many easy and safe methods to remove facial hairs though it may take some time to show results. Natural treatments are best remedies in removing unwanted facial hairs. Coarse and thick growth of hair, especially on the face, presents quite a problem, where beauty is concerned. All women are troubled by it, because it detracts from femininity.

Where removal of facial hair is concerned, it falls into two categories – temporary and permanent. The method should be chosen according to the quantity or thickness of hair, its location and rate of growth. It is also essential to get information about the advantages and disadvantages of the various methods. Temporary hair removal, as the term suggests, requires repeat treatments, as and when there is re-growth. Methods such as depilation, shaving, tweezing, threading, waxing, epilation, come under the temporary category. Several hair removal creams are available, which contain chemical ingredients to dissolve hair. However, chemical hair removal creams can sometimes cause skin discolouration (dark patches) and should preferably be avoided on the face, especially on the upper lip area, which is particularly sen-

sitive. Needless to say, a hair removing cream should be patch-tested before use. This is done by applying it on the inner arm. If there is a reaction within 10 to 15 minutes, it should not be used. Home remedies do not remove hair, but may lessen growth over a period of time. Make a thick paste of sugar, lemon juice and water and apply it in the direction of hair growth. Wash off when it dries. Apply it once or twice a week. Or, 3 teaspoons of powdered barley can be mixed with one teaspoon cold milk and 2 to 3 teaspoons lemon juice. Apply and leave on for 20 minutes and then rinse off with water. Do this two to three times a week. It is said to discourage hair growth over a period of time.

Mix a tablespoon of honey, lemon juice each with five tablespoons of potato juice. Meanwhile, grind the lentils (soaked overnight) to a smooth paste. Add all the ingredients and apply the mixture for about 20 minutes on the affected area. Wash it off once it is completely dry. This paste makes a thin crust that helps in hair removal. Plus, potatoes help in bleaching the hair, making them less visible.

An effective and common facial hair removal method is threading. It is useful for shaping the eyebrows and also for removal of facial hair on areas like the upper lip and chin.

There may be slight redness after threading, which reduces in a day. It is a popular method of hair removal.

Tweezing is another method, where one hair is removed at a time. It is a suitable method for shaping the eyebrows, or to remove solitary hairs from the chin area, or eyebrows. However, a word of caution – hair from a mole must not be removed without consulting a doctor.

Waxing can also be used for facial hair removal. Soft, strip waxing is useful. Roll on waxing kits are also available. It is said to be a breakthrough technology that may be used for facial hair. It is becoming popular as it is easy to use and also more hygienic. The results are also said to be longer lasting. This relatively new method has a roll-on applicator, which is placed in a device that heats the product, but at a low temperature. It is then rolled on the area and removed with a strip. It is said to be useful in removal of short facial hair.



Hair removal by laser is becoming increasingly popular as a permanent method. Laser produces an intense beam of light, which is absorbed by the hair follicles. The laser disables the hair follicle's ability to produce hair. The heat produced by the laser light is controlled by the operator. A strong laser light leads to more heat. That is why cooling devices are used to prevent damage to the rest of the skin. The advantage of a laser is that the laser light can scan broader areas. Therefore, fewer sessions may be required. It should be done under supervision of a doctor. The temporary known side effects are redness, swelling and itching. The main risk in laser treatment is the possibility of skin burns, due to excessive heat of the laser light. Regrowth occurs in some cases, but is slower and scantier. It is very important to find a good laser clinic. So, before choosing the clinic, it is essential to find out its reputation, by making enquiries and talking to people who have been through the treatment. It is an expensive procedure and one should also discuss the approximate number of sessions that may be needed.

Laser can be used to remove hair from the entire face, or from particular areas, like upper lips, chin or cheeks. The time taken for the actual treatment is not much. As re-growth may occur, one may have to repeat the treatment after four or five months.



SHAHNAZ HUSAIN



Ananya



PHOTO CREDIT: ODISHA FASHION VILLA