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SUNDAY POST

HERE . NOW



Real life Superheroes

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COVER STORY



An accomplished critic and bilingual poet Durga Prasad Panda, known for anthologies such as *Nian Bhitare Hata* and *Rati Autike Gadha Hele*, loves to spend the Sundays cleaning his personal library.



Bibliomaniac

I love to spend most of my leisure hours in company of books. Reading books is a never-ending passion for me. Currently I am reading Nassim Nicholas Taleb's *The Black Swan* and *After Darks* by Japanese author Haruki Murakami.

Daughter Dearest

Every father-daughter shares an enviable bond that no one can match up to. Therefore, I never miss out on opportunities to spend quality time with my daughter Anwesha on Sundays. Apart from merriment, I help her in studies. Her presence makes my Sundays special.



With daughter

Literature for life

Literature has been a part and parcel of my life. You can say, I eat, drink and breathe it. Sundays sans literature sound boring for me. So, I make it a point to meet my fellow poets and discuss books. The discussion is now going on over telephone due to corona scare.

Solo librarian

I have a personal library. Keeping it organised and decluttered is challenging which is why I clean it on Sundays. Being an office goer, I don't get much time to clean my library on other days except Sundays. For me, books seem to create an emotional connection, making them hard to part with.

RASHMI REKHA DAS, OP

LESSER KNOWN FACTS

Sir, I found the article Lord's Extinct Services interesting because it focused on discontinued services of Lord Jagannath. I was taken aback to know that king Anangabhima Dev III, the 13th Century ruler had introduced 120-category of services and also engaged servitors for each category. Thanks to external invasion by the Moghul rulers on the Jagannath temple, the subsequent Gajapati kings could not continue all the rituals. That apart, the servitor families having no sons as successors to carry out the tradition stopped performing the rituals. Since there is no system of recruiting new people from outside the sevayat community, some services are no more in existence. I came to know about all these facts after reading the article. Needless to say, devotees of Lord Jagannath would be grateful if the temple administration resumes the discontinued services and recruits new servitors for the purpose.

SANATAN MAHARANA, BERHAMPUR

ACTOR PAR EXCELLENCE

Sir, I am one of the biggest fans of Odisha-born actor Subhankar Das. Though he is a brilliant actor, he is yet to get attention he deserves. He has appeared in television shows like *Crime Petrol*, *Savdhan India* apart from films. Frankly speaking, people shower their love on star kids many of whom don't even know the basics of acting. Be it Hindi film industry or Odia film industry, actors like Subhankar Das never get the due recognition. Despite belonging to a non-descript village of Jajpur district in Odisha, Subhankar has carved his niche in Hindi television and film industry without the blessing of a Godfather. I would like to request the cine goers to boycott movies of the star children and appreciate real talents like Subhankar.

ABHISARIKA MOHANTY, CUTTACK

LETTERS



A WORD FOR READERS

Sunday POST is serving a platter of delectable fare every week, or so we hope. We want readers to interact with us. Please send in your opinions, queries, comments and contributions to features.orissapost@gmail.com B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948

Real life Superheroes

Healthcare providers who come in direct contact with the corona patients have to wear long-lasting adult diapers and avoid drinking water as they don't have the luxury to shed the expensive single-use PPE gear every time they use washrooms, says a doctor working in a Covid facility

RASHMI REKHA DAS, OP

It was the wedding anniversary of Dr Harishchandra Choudhury, who has been in Covid duty at a private hospital in Bhubaneswar. Expectedly, he couldn't be with his wife Ranu Padhi, a film and TV actress and their kid daughter. But the doting wife somehow managed to reach the hospital with her daughter to steal a few minutes. The family got united after several days maintaining proper distance. "My daughter cried inconsolably to meet her dad and that made me come here," said Ranu. By the time Ranu left the hospital premises, tear rolled down their cheeks.

Ranu was lucky that she lives in a city where husband works, but not others. Many doctors and health workers are staying in isolation, miles away from their near and dear ones. This apart, they have to take a lot of untold physical pain. The healthcare providers who come in direct contact with the corona patients have to wear long-lasting adult diapers and avoid drinking water as they don't have the luxury to shed the expensive single-use PPE gear every time they use washrooms, says a doctor working in a Covid facility.

With the situation turning tough for the health professionals and one hospital after another getting shut after medical staff diagnosed corona positive, some doctors and their family tells **Sunday POST** about their resolve to take on the pandemic.

Chinmay Sahoo, who works in Hitech Medical College, Rourkela, is in quarantine after treating the patients for 14 days. The doctor hasn't been to his home town Nayagarh, where his parents live, for the last five months. Sharing his feelings, Chinmay says, "Though I am a homesick person,

my priority at the moment is to take care of my patients. This apart, the state is reporting cases of doctors, nurses, and other health service providers being infected by the virus. Therefore, I can't afford to put the life of my elderly parents and some kids at home at risk."

Sahoo continues: "Staying alone is painful. But



Nistha (L) with her family



Nistha



Chinmay with his parents



Chinmay

being a doctor treating patients during such health crisis is my first choice. I feel fortunate to be a frontline warrior in the war. I know my parents are worried about my safety, but they also realise my responsibilities towards the patients and the country. So, they never ask me to come back home. On the other hand, the hospitals are being rapidly

populated by Covid +ve patients making the health workers susceptible to infections. Therefore, making a home visit is unthinkable for now. Following the covid duty, my swab was sent for examination and it came negative. Now I am staying in a hotel in isolation."

Chinmay's father Udayanath Sahoo, a teacher, says, "It's quite natural to be worried when your son is exposed to a deadly virus. But I feel proud of him than getting scared because he is serving the nation even as we are not sure when we would see him next. We also know that he is under stress like many other doctors. I constantly make phone calls to him so that he feels relaxed and remains free of stress."

Nistha Rutam Dash, who is posted at Raipur AIIMS, says, "Doctors save lives and I am no exception. I belong to Community Medicine department and am involved in treatment of Covid patients. I joined AIIMS-Raipur in February end and haven't seen my parents since then. I used to visit them regularly when I was doing my bachelors at VSS Medical College and Hospital. Now, I am not sure when I am going to meet them," she says.

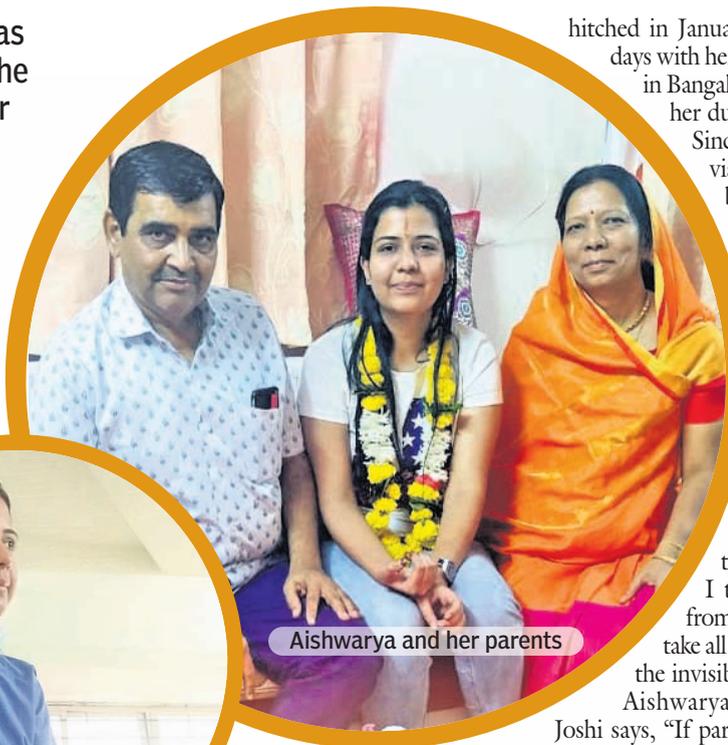
"I was not prepared to do Covid duty when I saw my name in the list. But I was not scared at all. I even consoled my parents not to worry. The fear of contracting the virus does play on our mind but we have to live with that and ward off negative thoughts. Apart from physical exercises, I do everything to boost my immunity and ask others to do so."

Aishwarya Joshi, a doctor, says she was more than happy when asked to join the Covid ward because she knew that her role would be no lesser than a soldier who patrols border

Her father Yanja Prakash, says, "When she informed us that her name was out in the list of doctors' name to treat Covid patients, we got scared. But she never made us feel worried about her because she knows how to deal with the situation. She often calls us to ensure whether we do exercises or eat nutrient-rich food."

Nistha's mother Sushreeta Dash, says, "I am proud of my both daughters because the two are health professionals and doing their duty wholeheartedly. My elder daughter is in Australia and the other one is in Raipur. We are concerned but not in fear thinking about their wellbeing. They are doing a noble job and nothing wrong is going to happen to them."

Atish Mohapatra, another doctor posted at AIIMS, Raipur, says, "I am



Aishwarya and her parents



Aishwarya

hitched in January and spent some days with her husband who stays in Bangalore before resuming her duty in Bhubaneswar. Since then, she has not visited either her husband or her parents but she has no regret. Aishwarya, on Covid duty at Sum Hospital, says, "When I asked to join the Covid ward, I was more than happy because I knew my role will be no lesser than a soldier who patrols the border. Like them, I too cannot retreat from battle field. But I take all precautions to battle the invisible enemy."

Aishwarya's mother Chhaya Joshi says, "If parents don't stand by their children, it will be difficult for them to give their best. Needless to say, my daughter always gets my backing. But I am missing her badly because it's been more than five months since I saw her last. Hope, things will be back to normal soon. I am really proud of my daughter for serving the nation at a difficult hours."

more worried about my parents because they are sexagenarian and their chance of contracting the disease is more. But I can't afford to go home since I can't guarantee whether I am a corona carrier. I last visited home in January and don't know when I would get the next opportunity. My heart asks me to go home and see my mother, but the mind thinks otherwise. As I belong to microbiology department, I am not in direct contact with the corona patients. But you never know when you will become a victim."

Atish's mother Kalpana Mohapatra, says, "Off late, hospitals have witnessed a surge in the number of people having corona symptoms. So, risk is always there that some of the hospital staff get infected. And it worries me even more when I read about doctors getting infected despite taking all precautions. Nearly a hundred doctors have succumbed to coronavirus with many testing positive. But Atish always consoles me and asks me to take care of myself. His words heal my stress and anxiety."

Aishwarya Joshi, a doctor, got



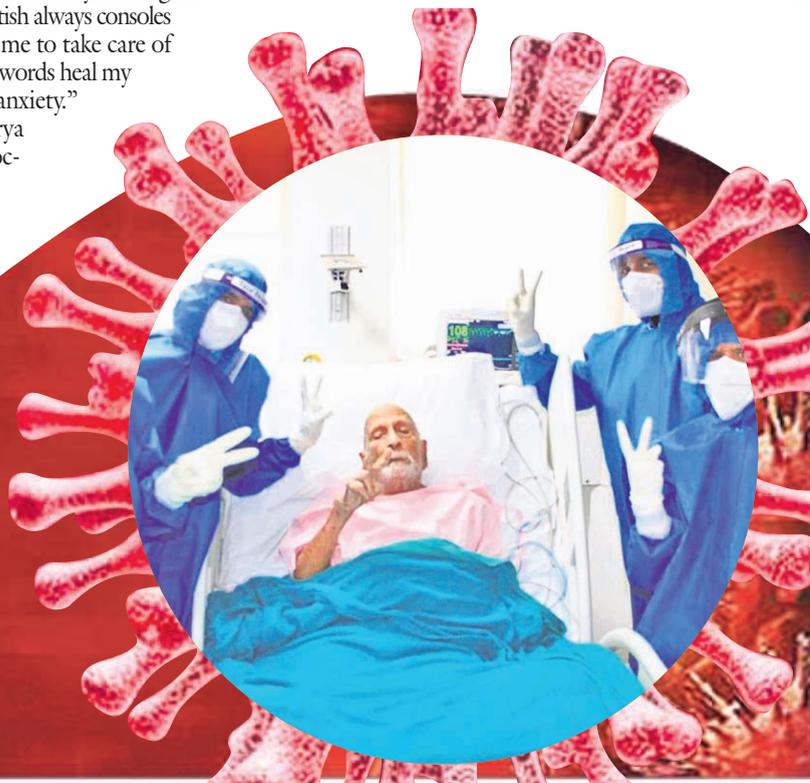
Atish with his mother



Atish



Dr Harishchandra Choudhury interacting with his family maintaining proper distance on a hospital premises



Preventing skin damage caused by face masks



make them at home using old cotton shirt, dupatta or dress material which have outlived their utility due to new trend of fashion and style.

strain and use the water to wash areas with rash.

Washing is important

Wash the cloth masks regularly with a fragrance-free non-foaming gentle cleanser with luke warm water to remove the dirt and sweat accumulated during the day. A dirty, sweaty mask will contribute to maskne. Don't touch the front of the mask when you remove it, and wash your hands after handling it.

Avoid makeup

You can avoid make up in areas under the mask till pandemic threat is over. Eye makeup is fine if it gives you an emotional boost. Working women often find their skin pores clogged due to the pressure of the masks. It can lead to different skin conditions. Give your oil and sweat pores a break. Always clean your face before putting on a mask and after you take it off to remove oil and dead skin cells.

Avoiding rashes:

- Mix a little rose water with sandalwood paste and apply on the rashy areas. Wash off with plain water after 15 minutes.
- For rashes that itch, add one tablespoon vinegar to a mug of water and pour it on the affected body area.
 - Take a handful of neem leaves and simmer on very low fire in four cups of water for an hour. Leave overnight. Next morning,

Overcoming acne

- After cleansing, apply an astringent lotion.
- Green Tea has an astringent effect and helps to reduce oiliness. Soak green tea leaves or a tea bag in hot water for half an hour. Cool and strain. Apply the liquid on the skin.
- Application of sandalwood paste on the acne eruptions also helps.
- Mix together one teaspoon cinnamon (dalchini) powder, half teaspoon methi seed powder, lemon juice and a few drops of honey. It should be a sticky paste. Apply it only on areas covered by face mask and leave on for a couple of hours, or even overnight.
- Add 2 drops of Tea Tree Oil to two tablespoons of water or rose water. Apply this on eruptive conditions.

Beating Rosacea

- Avoid heavy make-up and other cosmetics. Use a mild cleanser and wipe the skin with rose water, using cotton wool.
- Apply aloe vera gel on the area daily and rinse off with plain water after 15 minutes.
- Green Tea also helps. Make a cup of green tea and keep it in the fridge for 30 minutes. Dip cotton wool pads in it and apply on the face
- Add 2 to 3 drops of Tea Tree Oil to 2 tablespoons coconut oil and apply on the affected areas. Wipe off with moist cotton wool after 15 minutes.

Battling dryness:

- Cleanse the face twice a day with a cleansing cream or gel, containing aloe vera, which helps to check moisture loss and also rehydrates the skin.
- Protect the skin from moisture loss during the day. Apply a sunscreen, before going out in the sun. Most sunscreens have built-in moisturizers.
- Keep the skin well moisturised. Moisturisers are available in cream and liquid form. For extreme dryness, use a cream. A liquid moisturizer should also be used under



spoon of cold milk add 2 drops of any vegetable oil (olive, or til or sunflower oil). Dip cotton wool in it and wipe the skin. Make this for 2 or 3 days, but keep it in the refrigerator.

- Mix half a teaspoon honey, one teaspoon rose water and one teaspoon dried milk powder. Mix into a paste and apply on the face. Remove after 20 minutes with water.
- Applying honey or aloe vera gel on the face also helps to moisturise the skin and improve moisture retention.

Despite all these precautions, there is a need to pay special attention to your diet. Drink six to eight glasses of water daily. Add the juice of a lemon to a glass of warm water and have it first thing in the morning. Include fresh fruits, raw salads, sprouts, whole grains, curd and soybean in your daily diet. Always stay safe and stay healthy by maintaining social distancing.



SHAHNAZ HUSAIN

A face mask plays an important role in checking coronavirus transmission and has turned out to be an inseparable part of our everyday life nowadays.

If you are using them for most of parts of the day due to your professional commitments, it can cause skin conditions such as irritations, acne, rashes and itchiness.

In fact, a term 'maskne' has been coined to describe acne caused by wearing a mask. Doctors, nurses, skilled professionals and others who frequently wear masks are the worst sufferers. Here are some tips that can come in handy to keep the skin healthy, clean and protected.

Cotton matters

Always use soft, natural and breathable cotton face masks to address skin issues. There is no need to buy expensive synthetic masks available online that often dampen the fabric causing irritation. You can



Randeep excited to explore world cinema

After the success of *Extraction*, actor Randeep Hooda is excited about the opening up of new horizons in international cinema for him.

"Extraction was a huge success worldwide with a phenomenal reach. I really enjoyed working on it and got to learn so many new things from the fabulous cast and crew. As every artist wants to reach out to as many people as possible, I'm very grateful and excited for these new horizons in international cinema opening up," said Randeep.

Earlier this year, Randeep shared his excitement about being the first Indian male actor doing a Hollywood action film. He said it feels great to be able to break stereotypical references of Indian characters in the West.

Randeep entered Hollywood as Saju in Netflix's *Extraction*, starring Chris Hemsworth and David Harbour. Randeep has stepped out of his comfort zone to make an action-packed entry in the West. IANS



Vaani on working with Akshay

Mumbai: Vaani Kapoor pairs with Akshay Kumar for the first time in the upcoming film *Bell Bottom*, and she says the casting is a 'great opportunity' for her.

"I have great respect for Akshay sir, (and) have always looked forward to working with him. This, for me, is a great opportunity to be associated with a movie like this," said Vaani.

A huge fan of Akshay's work, Vaani added that her all-time favourite Akshay Kumar comedy film is *Phir Hera Pheri*.

Vaani says she is excited to resume shooting and being on the sets. "I just can't wait to be back on the sets again and start shooting. Having said that we obviously will have to take a lot more safety measures but things will have to eventually return to normalcy. I feel more than being fearful, one will just have to be cautious and take all preventive measures," she said.

IANS



Radhika's love for desi food

Actress Radhika Madan has confessed her love for golgappas in a new post on social media.

Radhika took to Instagram, where she posted two pictures. The first image is a beautiful black and white one, but it is the second snapshot that catches your

attention.

In the image, Radhika professes her love for golgappas.

"Eyes locked. Heart raced. Mind stopped. #kuchkuchhotahai #tumnahisamjhoge," she captioned the image.

Actress Sanya Malhotra commented on Radhika's pictures. She wrote: '*Behveen*' along with a laughing emoji.

Radhika was last seen in *Angrezi Medium*, the last release before the lockdown, and also the final film of the late Irrfan Khan. The comedy revolves around the relationship between a single father, played by Irrfan, and his daughter, essayed by Radhika.

IANS



KAREENA now waits for 2021

Actress Kareena Kapoor Khan is done with this year and is waiting for 2021.

In a new Instagram picture Kareena sits on a sofa, looking away from the camera. In the image, she is dressed in a black top, jeans and white jacket. She completes her look with a neat bun and no make-up.

"Waiting for 2021..." Kareena captioned the image, which currently has 401K likes.

On the work front, Kareena, who was last seen on screen in *Angrezi Medium* starring Irrfan Khan, will next be seen in the Aamir Khan-starrer in *Laal Singh Chaddha*, which is an official Hindi remake of the Hollywood film *Forrest Gump*.

Kareena has also been roped in to be a part of Karan Johar's multistarrer *Takht*, which also stars Ranveer Singh, Anil Kapoor, Alia Bhatt, Vicky Kaushal, Bhumi Pednekar and Janhvi Kapoor. IANS



Weekend Special

GOBI PANEER MANCHURIAN

INGREDIENTS

- Cauliflower florets - 3 cups
- Paneer cut in 1" cubes- 300 gm
- Colour bell pepper cut in cubes - 2 nos
- Spring onion chopped - 3-4 nos
- Cloves of garlic sliced - 4-5 nos
- Ginger cut into gimlets - 1" pc
- Green chilli finely chopped - 1 no
- Cut one onion in big cubes and then separate the layers
- Oil for cooking

FOR SAUCE

- Corn starch - 4 tbsp
- Soy sauce - 4 tbsp
- Tomato ketchup - 4 tbsp
- Sriracha sauce - 2 tbsp
- White vinegar - 1 tsp
- Water - 1 cup
- Salt to taste
- Pinch of black pepper

FOR BATTER

- Corn flour - 1 cup
- Rice flour or all-purpose flour - 1 cup
- Salt to taste
- Pinch of black pepper powder
- Water



PROCEDURE

In a bowl, mix all the sauce ingredients with one cup water. To prepare a batter, mix all batter ingredients in a wide bowl. Add water to make the better consistency not too thick or not too runny. Batter should stick to veggies when dipped inside. If required, adjust batter consistency by adding flour or water. Dip few florets at a time in the batter and then deep fry until golden. Same with paneer, and finish frying all paneer cubes and cauliflower florets. Keep on side. Heat 2 tbsp oil in a big pan, add ginger, garlic and green chili. Cook for one minute or so then add onion, peppers and spring onion. Keep few chopped spring onion on side for garnishing. Cook on a medium heat stirring few times for 4-5 minutes or until veggies start to soften slightly. Then add sauce and stir continuous. If mixture starts to get too thick then add some water. When sauce is slightly cooked (2 - 3 mins) and slurry, add fried gobi and paneer. Mix well and cook on low heat for 4-5 mins stirring frequently. All the sauce will stick to veggies and manchurian. Serve this dry manchurian immediately.

PANEER BHURJI

PROCEDURE

To make paneer bhurji, heat the oil on a tava (griddle) and add the cumin seeds. When the seeds crackle, add the onions and sauté on a high flame for one to two minutes. Add the tomatoes, two tbsp of water, mix well and cook on a slow flame for two to three minutes, while stirring continuously. Add the pav bhaji masala, turmeric powder, chilli powder, green chillies and one tbsp of water, mix well and cook on a medium flame for one to two minutes, while stirring continuously. Add the paneer, salt and coriander and one tbsp of water, mix well and cook on a medium flame for one to two minutes, while stirring occasionally. Serve the paneer bhurji hot.

INGREDIENTS

- Mashed paneer - 1 cup
- Oil - 2 tbsp
- Cumin seeds - 1 tsp
- Finely chopped onions - ½ cup
- Finely chopped tomatoes - ½ cup
- Pav bhaji masala - ½ tsp
- Turmeric powder - ¼ tsp
- Chilli powder - ½ tsp
- Finely chopped green chillies - 1 tsp
- Finely chopped coriander (dhania) - 1 tbsp
- Salt to taste





Smrutirekha

PHOTO: KUMAR SHARAT