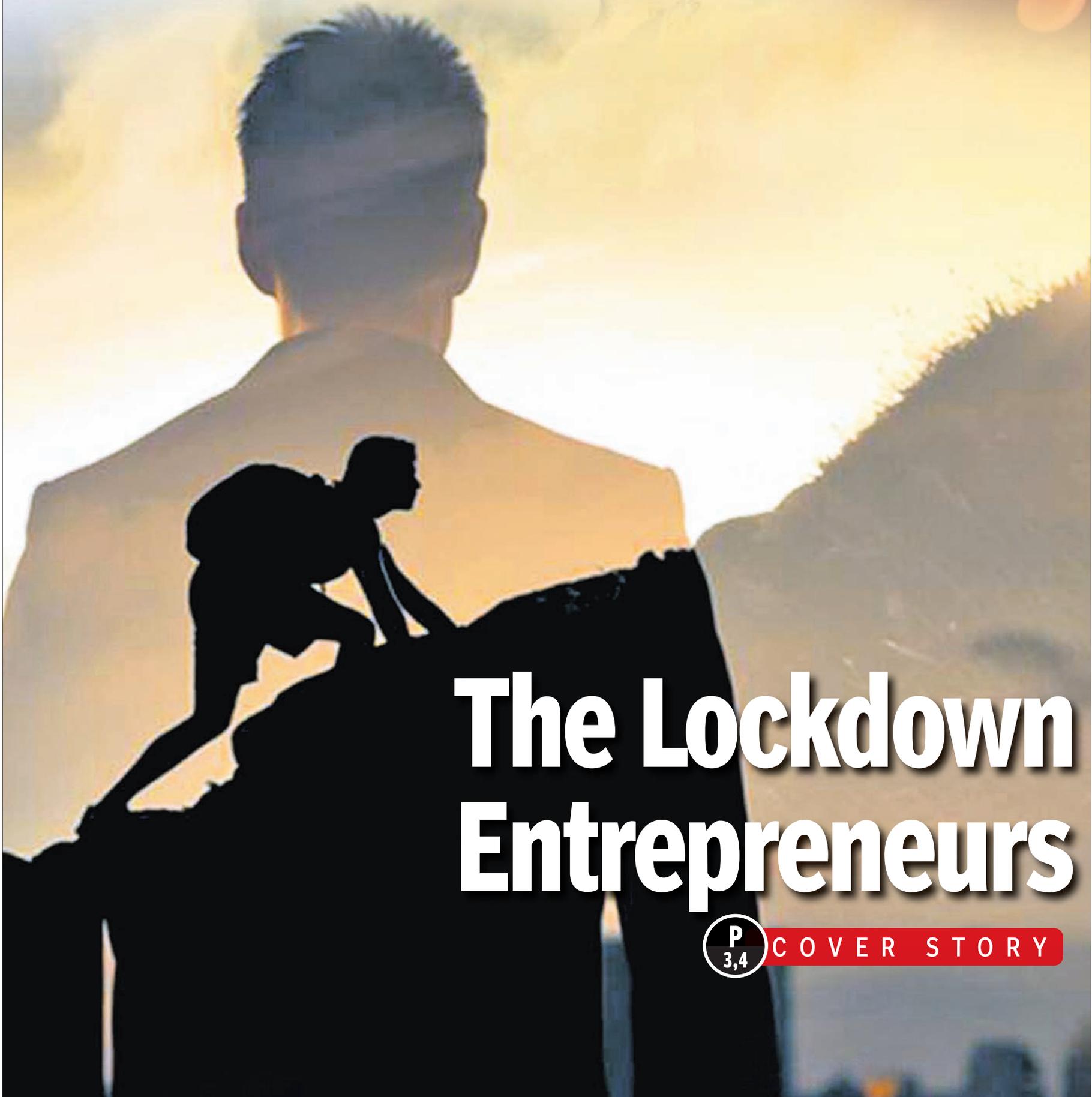


JANUARY 3-9, 2021

# SUNDAY

# POST

HERE . NOW



# The Lockdown Entrepreneurs

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3,4

COVER STORY



Anchor and actor Amrita Mishra, known for her performances in movies like *Biswaroop*, *Born to Fight*, web series *Love 69* and Hindi short film *Hubris*, loves to spend time with her pet Kaju on non-working Sundays.

### Late riser

Owing to hectic shooting schedules and frequent travelling, I often get deprived of my sleep. So, I wake up late when I don't shoot.

### Tea party

At times, I host a tea party on non-working Sundays and invite my close friends to my place. We enjoy our hearts out and celebrate our bonding.

### Family time

I hardly get time to spend with my family on weekdays. So, I make sure to be with my parents and my younger sister as long as possible on Sundays.



With family



With her pet

### Pet lover

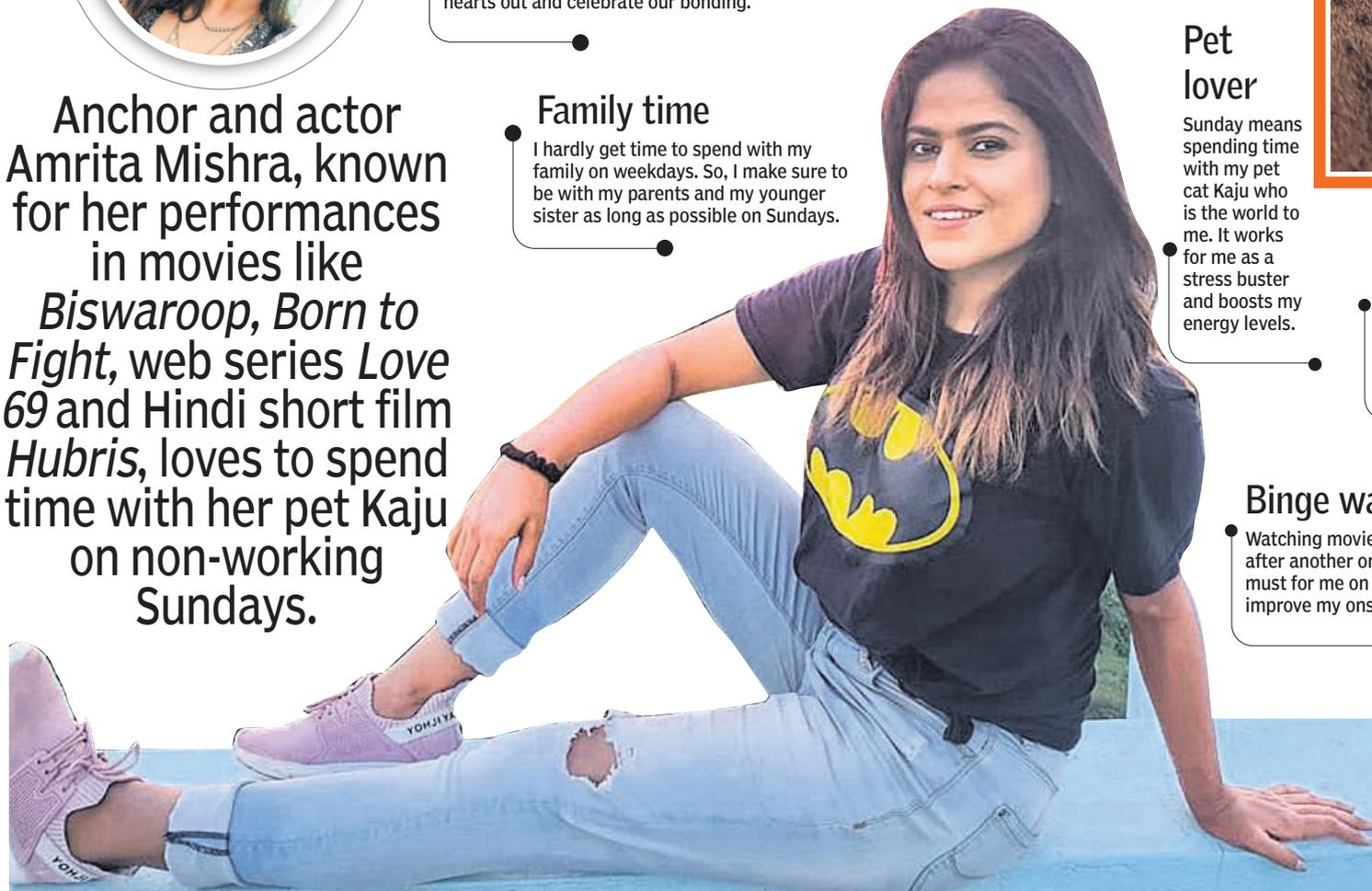
Sunday means spending time with my pet cat Kaju who is the world to me. It works for me as a stress buster and boosts my energy levels.

### Turning lensman

Being a hardcore Katakia (native of Cuttack), I enjoy a stroll on Mahanadi Bridge near Jobra and click some stunning photos sunsets or sunrises.

### Binge watcher

Watching movies and web-series one after another on OTT platforms is a must for me on Sundays. It helps me improve my onscreen performance.



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](mailto:features.orissapost@gmail.com) And we will publish the best ones

#### THE BEST MEMES OF THIS ISSUE

- If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
- When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
- I finally got eight hours of sleep. It took me three days, but whatever.
- I run like the winded.



## CAUTIOUS APPROACH

Sir, Though, New Year calls for celebrations and parties, I sincerely believe that we have to stay away from public gatherings religiously. I am a party animal but I don't feel bad by these restrictions. Notwithstanding the restrictions, we can still bid farewell to the outgoing year 2020 in style.

SOMNATH SWAIN, BELPAHAR

## HEALTH IS REAL WEALTH

Sir, I found the views of actors Archita and Aman interesting in last week's Sunday POST. The *Loafer* actress was spot on when she says, 'If we remain fit, everything else will fall in place'. Despite being fit and fine, her statement makes us understand that how serious is she about her health. I also like to congratulate singer Abhijeet Mishra who has made up his mind to get married.

DEVENDRA PRUSTY, KENDRAPARA

## 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

# The Lockdown Entrepreneurs

DEBI MOHANTY

Attired casually, as they get into an uninhibited conversation, it's hard not to be smitten by the infectious smile blended with equal doses of innocence, humility, exuberance, self belief and determination, enveloping their sunny faces. Seriously, there is nothing formal about Rajat Mahakuda, 21, Jayesh Acharya 21, Ashutosh Nahak, 20, Nihal Vineesh, 20, Rebika Sahu, 22 or Indu Kumari Sahoo, 20.

However, their tale of how they dared to dream during the horrible phase of Covid 19 and shaped it to a reality, even before the pandemic could wither away, is indeed fascinating. Having seized the opportunity early, they are on their entrepreneurial expedition. It's still early days, though.

While, the boys operate Delhub, a home delivery startup that deals in everything from A-Z, all 'daily hyper essentials' including documents and pharma products, Rebika's bakery unit RB Amelie's is doing brisk pre Christmas business. Meanwhile, Indu runs, what is considered as a male's domain- a road side tea stall.

All students, Rajat, Nihal, Indu (B.Com), Jayesh, Ashutosh (B Tech) and Rebika (MBA final year), they attend their online classes in the morning. "Let him purse the career of his choice, but he must complete his education, first," asserts Ashutosh's mother, Nandita.

Interestingly, these six aren't interested in 9-5 jobs, anymore. For, they aspire to, make it big and in the process, generate employment opportunities.

Their mantra: set a goal, work hard, enjoy every moment and stay honest to

At a time when coronavirus-induced layoffs have left many in a state of panic, a few hardworking youngsters of Bhubaneswar have explored the opportunities thrown open by the pandemic to turn successful entrepreneurs

your job.

Rajat and his partners fondly remember their assignments-some grocery items and a kilo of chicken-on April 25, Delhub's first day. "We did the 2-3 deliveries a day on bike within Bhubaneswar. The first month was a period of loss," informs Jayesh.

However, today, they cater to, on an average, 35-35 clients daily in Bhubaneswar. They too have employed six more youths. If there is a new order when the staffs are away, one of the owners does the job. "For us, each assignment is equally important, we can't afford to say no," intones Ashutosh.

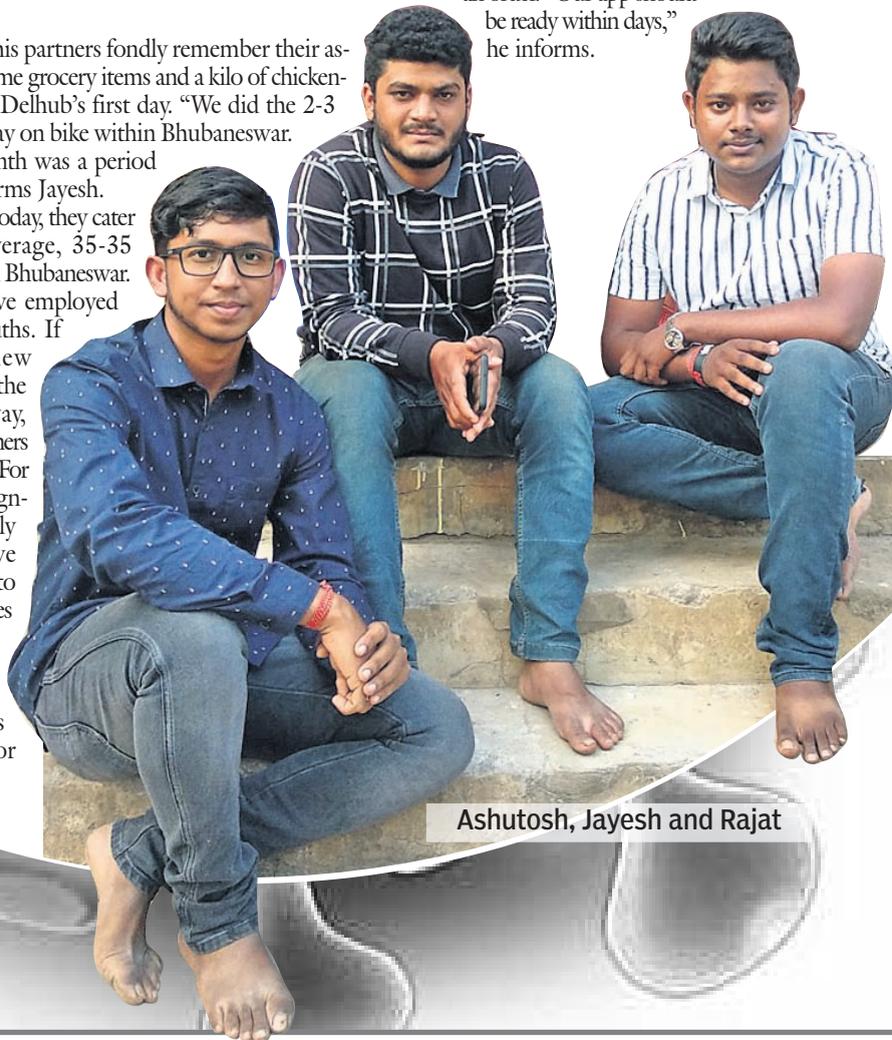
With increase in business, loss has made way for profit-

₹13-15k a month, all expenses excluded. Their target: ₹50k by March 2021. "It's achievable, sir," announces Ashutosh with a boyish smile. Their investment: "Only our idea, plus time. And a few hundred rupees pocket money," they reveal.

Sharing an appreciation post from the Kerala Kala Samiti, Jayesh informs, they received it for completing the task of delivering one hundred, each 10kg packets in less than a day, on the eve of Onam.

They have also carried deliveries to Puri and Cuttack. For deliveries within 20km, they charge ₹65, beyond that, ₹8 per km.

On a vacation to his ancestral place in Kerala, Nihal says one can make a call on the mobile, send a Whatsapp text or use Delhub's website and place an order. "Our app should be ready within days," he informs.



Ashutosh, Jayesh and Rajat

Sitting on the steps of their, all of 63 sq feet, crammed with some plastic chairs and a table, office in Palaspalli, neighboring the Biju Patnaik international airport, Rajat, Jayesh and Ashutosh inform, Delhub's services are reaching nearby towns and localities, shortly. "We aim to win the customers trust and establish a sustainable brand," they declare.

They aren't certainly joking. With a constant eye on the competitors, new as well as the established players across segments -food items (Swiggy, Zomato), grocery (Jio Mart, Grofers) etc, these youths have meticulously planned their future moves. Also they are ready with 'plans in wraps' in anticipation of rivals in the chicken, mutton and fish segment. "Every evening we discuss the issues encountered in the day and plan how to address them. Here, planning is a continuous process," puts Rajat.

When, there is an order for 'this type of stuff' without much product details, these four screen though the internet and their network of suppliers. If the customer is not happy, they re-start their search to meet the demand. It requires extra time and effort, but, they concede, it's a part of their job.

However, they rue for turning down some orders for birthday cakes which arrived post 11 pm with a pre midnight delivery deadline, last month. On another occasion, they skipped a lady's request for a parrot. "We are trying to address such issues," promises Ashutosh.

Incidentally, problems in availing household essentials in their own homes during the lockdown months forced childhood chums, Rajat and Nihal to think and do something in this regard. As a trial run, they delivered daily essentials among their relatives and neighbors. Then they decided to take it to the next level and Delhub was born. Days later, Jayesh and Ashutosh, came on board.

Similarly, tired of the lockdown's enforced rest, the only child of her parents, Rebika, who had attempted unsuccessfully a year ago, thought of another tryst with her baking venture. She made different cakes and had her neighbors have a bite. They liked, and also recommended others to try her cakes. Begun with an initial capital of Rs 3000 from her two-room home in Baramunda locality, RB Amelie's is raking in a monthly profit of Rs 22,000 a month since its inception in September.



Rebika displays a birthday cake

Enthused, she has added more options including the 'meant for the children' DIY pizza kit (a buffet containing ingredients to prepare instant pizzas at home) to the menu. Coming soon- packaged snacks from her kitchen.

If the order is from her vicinity, Rebika walks or takes an auto and does the delivery, herself. Otherwise, she hires Delhub's services. "They have delivered more than 60 orders," she concedes.

Rebika, who advertises her products on the social networking platform Instagram, is receiving inquiries from different corners of Bhubaneswar and Cuttack. "My cakes have reached distant Keonjhar and Bolangir, too," she beams.

Though her mother Sumita is happy with Rebika's decision, she has one complain. "Often, Rebika works the entire night; I tell her to sleep, but she doesn't listen," she says. Giving her a hug, Rebika tells she learnt cake baking lessons, from her mother, during Christmas time.

Unlike the rest, Indu is away from her parents based at Paradip. In Bhubaneswar, she stays in a women's hostel, from where she's borrowed the plastic table on which the portable gas stove, container and other materials including boxes of biscuits are mounted. She spent the Rs 180, her savings from pocket money, on milk, sugar, tea dusts etc.

On day one, a fortnight ago, she drew blank, as no one visited her makeshift stall that sits on the footpath by the CRP square-Ekamra Kanan road. However, from last week her daily sell has climbed to just over Rs 300. She charges Rs 5 for a cup of tea.

By Indu's admission, mostly the morning walkers prefer to enjoy hot tea at her stall to beat the winter chill. "People are slowly getting to know about my stall," she claims.

For the boys, once the day's job is over, it's time for indulgence. While, Jayesh, a disc jockey since he was 14, with over five hundred performances to his credit across Odisha and beyond (Jamshedpur and Hyderabad), doesn't forget to rehearse his skills, Ashutosh does coding for Delhub on weeknights. On weekends, he plays the latest tunes on the piano before hitting the bed.

A travel freak, Rajat, Delhub's marketing boss, researches about the latest products and tracks rivals, till late into the night. Unable to chase his passion-biking- due to restrictions, Nihal catches up with a movie, daily. He plans to ride his Royal Enfield 'Bullet' to Darjeeling with his biker friends, post Covid.

However, the two girls spend their spare time, differently. Rebika learns new dishes from YouTube before trying herself. Waking up very early, post her seven hours job, a tired Indu prefers to sleep. She happily announces that both her brothers- running electronic goods business- are proud of her.

They have all the reasons for that.



Indu's makeshift tea stall



# Winter care tips for your hands



### Few easy methods to take care of hands:

Protect your hands by wearing rubber gloves/ mittens for washing chores/vegetable choppings/cleansing and other such things to retain the moisture you already have. Always wash your hands with tepid water. Make sure the water is not too hot or cold. Limit exposure to high heat. Surgical gloves are easily available at a chemist store.

Apply freshly extracted aloe vera gel on hands and let it dry in the natural environment on your skin. You can apply it twice a week. The best prevention is to begin using aloe vera gel before your hands show signs of dryness. Apply raw milk cream if you have dark knuckles, it will help lighten the colour.

Bath time is appropriate for pampering the hands and supplying them with the oil and moisturising they need. Before your bath, apply warm oil on the hands and massage it into the skin. This helps to soften the skin. You can use coconut oil, which is very nourishing. Coconut oil is recognised for its anti-inflammatory, moisturising, and anti-microbial prop-

erties. Applying coconut oil over damp hands helps in sealing the moisture. Or, use pure almond oil immediately, after your bath, apply a moisturising lotion or cream, while the skin is still damp. This helps to seal in moisture.

Twice a week, have a pre-bath treatment by mixing ground almonds with curd and a pinch of turmeric. Apply on hands. After 15 minutes, rub the paste gently on the skin and wash it off with water. At night, massage cream on

further dry out the skin because the water evaporates. Creams, which are often oil-based, are more effective after washing hands. Once your hands are dry, immediately use hand cream to seal in the moisture.

### A luxury treatment for hands:

Take four teaspoons of almond oil and mix one tablespoon rose water. Add half-teaspoon tincture benzoin, drop by drop. Mix together. Apply this on the hands. Wear loose cotton socks on the hands and leave on the preparation all night. Rinse off with plain water the next morning.

Use hand ointment or cream instead of a lotion as these are more effective. Vaseline is still the most effective moisturiser out there.

Lemon juice and sugar rubbed together with the hands help to soften the skin.

Take two tablespoons of sunflower oil, two tablespoons of lemon juice and three tablespoons of coarse sugar. Mix together till it becomes a paste. Apply and rub into hands. Wash off after 15 minutes. Repeat it three times a week.

Take fresh orange peels, pierce them with a fork. Rub the peels on the hands to brighten them.

Choker (wheat bran) and besan (gram flour) can be mixed with turmeric and milk into a paste and applied on the hands. Wash off after 20 minutes. This softens, cleanses and tightens the skin.



your hands, working it into the skin.

You can also try some home remedies to keep the skin soft and smooth.

Among the many kinds of moisturisers, hand creams are better than body lotion because they are more nourishing. Lotions, which are primarily water-based, can



SHAHNAZ HUSAIN

Who does not want beautiful, soft and smooth hands? Yet if your hands are rough, scaly, dull-looking, tanned and the skin around the nail is peeling off, then you are not alone. Winter is hard on your hands. Smooth, supple, and soft in September, hands can turn red, chapped, and rough by January.

Most of us face a similar problem during the harsh winter when our hands react terribly to the cold air and harsh winds during peak winters leading to lizard skin. You may also find that dead skin tends to accumulate quicker in the winter and rough patches of skin seem to be all over. This is because in the winter the cell turnover rate is decreased. If you're washing your hands frequently to avoid coronavirus, you could sap whatever natural oils are left in your skin.

Actually, the skin on the back of the hands is thin and lacks oil glands. That is why the hands are prone to wrinkles and lines. The nails also become dry and brittle, breaking or chipping easily during peak winters.

Exposures of hands during winters can lead to skin issues like pain, redness, flaking and itching. Ironically, by washing our hands with chemical-laden soap, we can develop dry cracks in the skin giving bacteria an entry point into our bodies which lead to conditions such as eczema. The outermost layer of our hands is composed of oils and wax, and it acts as both a shield from the outside and a guard that maintains natural moisture in the skin. The skin barrier is a mix of proteins, lipids, and oils. It protects our skin, and how good a job it does is mostly about your genes.

# Shilpa set to beat age-old clichés

Actress Shilpa Shetty Kundra has shared on social media that she is in a mood to beat every age-old cliché. She posted her assertion with an Instagram image dressed in a bodycon tube cut-out dress.

"In the mood to beat every age-old cliché... So, I'm weekendening on a Wednesday.... #vacationtime #familytime #goadiaries #gratitude #blessed #vacay," she captioned the image, which currently has over 18.6K likes on the photo-sharing website.

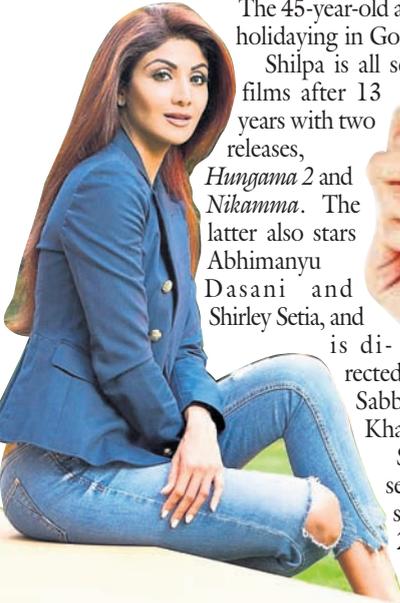
The 45-year-old actress is currently holidaying in Goa with family.

Shilpa is all set to return to films after 13 years with two releases,

*Hungama 2* and *Nikamma*. The latter also stars Abhimanyu Dasani and Shirley Setia, and

is directed by Sabbir Khan.

She was last seen on the big screen in the 2007 films, *Life In A... Metro* and *Apne*. IANS



## Varun Dhawan wraps up first schedule of *Jug Jugg Jeeyo*

After recovering from coronavirus, actor Varun Dhawan has wrapped up the first schedule of his upcoming movie, *Jug Jugg Jeeyo*, in Chandigarh.

The actor shared the update on Instagram along with a video of him enjoying a walk in the fields of the city on a misty morning.

"It's a wrap on our first schedule of #jugjuggjeeyo in Chandigarh.

I got covid recovered went back," he wrote along with the slow-motion video where the actor is seen taking a walk in a field on a foggy morning.

The film had an eventful stint in the city. Shooting had to be temporarily halted after actors Neetu Kapoor, Varun Dhawan and director Raj Mehta tested Covid positive. Shoot resumed after the actors and filmmakers recovered.

Filmmaker Raj Mehta December 19 announced that the shooting of the film has resumed. IANS

## 'It was surreal playing Mary Kom'

Actress Priyanka Chopra Jonas has said that playing the role of a living national icon in *Mary Kom* put a load on her, adding that it is an experience that will always stay with her.

The actress took to Instagram to recall essaying the starring role in the 2014 biopic *Mary Kom*.

"Playing #MaryKom was not what I expected at all. The weight of telling the story of a living, national icon put a load on me that I hadn't shouldered before. It was surreal in many ways," she wrote. "She was a world champion sportswoman who was and is still competing and is on top of her game. It was an honour but also a huge responsibility for me as an actor," she added.



### Kriti's malaria woes

Actress Kriti Kharbanda recently opened up on battling malaria and resuming work even before recovering completely.

Kriti revealed that she suffers from weakness, mood swings and other side effects despite being cured of malaria.

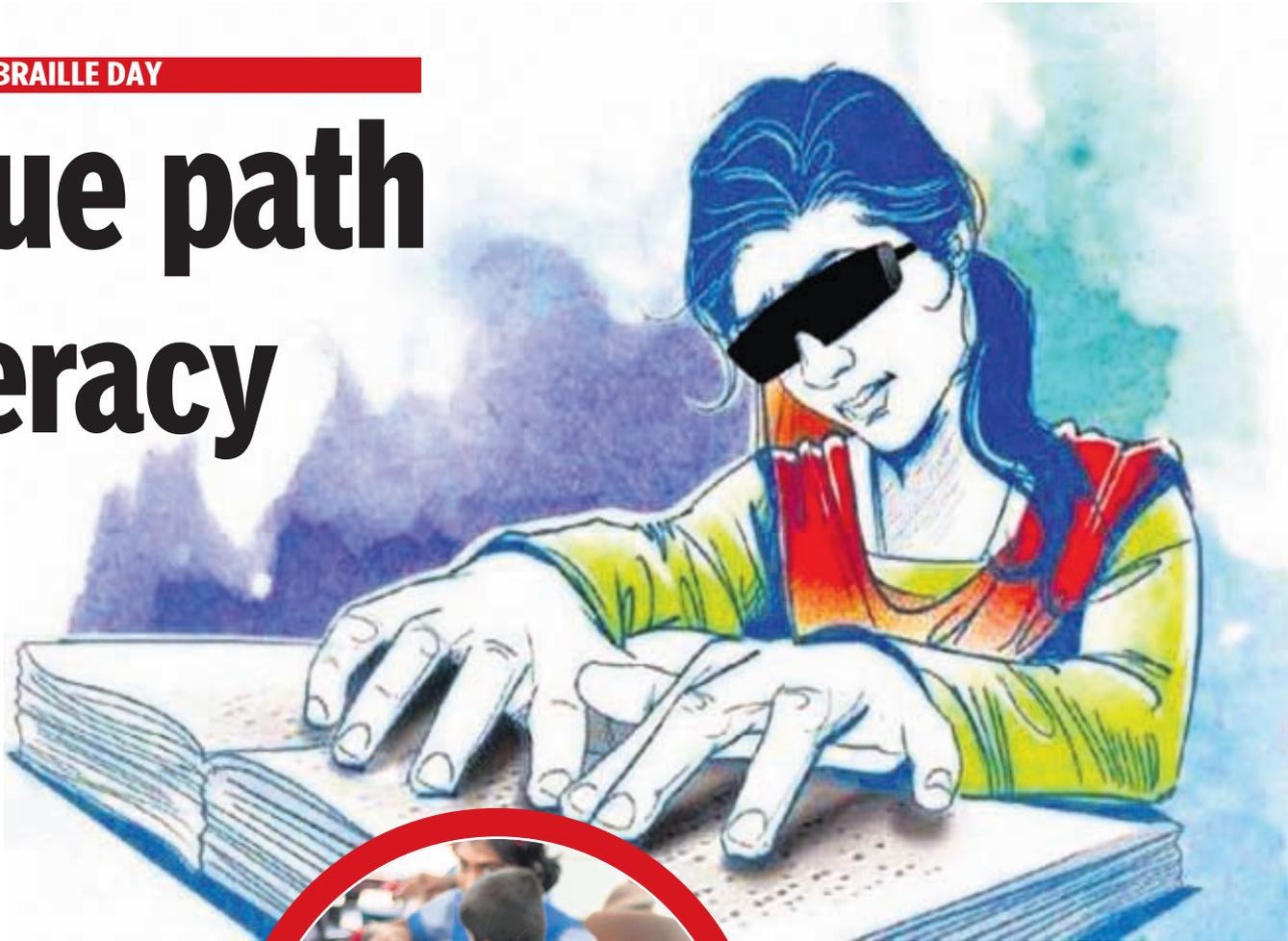
The actress posted on her verified Instagram account: "Getting back to the grind post malaria hasn't been easy. The weakness, the messed up system, heavy medication and mood

swings, but we're getting there. Virtual workouts with @sameerhansari. He pushes and motivates me. Jumped right into work before I could recover completely. Not the smartest thing to do, but the show must go on. #goals #2020 #workoutmode #2021 you better be better."

The actress shared a video where she can be seen working out in the gym. Kriti was last seen in *Taish*, which released as a film as well as a web series. IANS

**WORLD BRAILLE DAY**

# A unique path to literacy



**INSTRUCTIONS IN BRAILLE SCRIPT SHOULD BE MADE MANDATORY ON MEDICINES AND OTHER PRODUCTS AS VISUALLY IMPAIRED PEOPLE CAN'T READ EXPIRY DATES AND OTHER IMPORTANT INFORMATION, SAYS AN EXPERT**

RASHMI REKHA DAS, OP

**W**orld Braille Day is observed to spread awareness on the importance of Braille as a means of communication. It is a reminder of the importance of accessibility and independence for those who are blind or visually-impaired. But unfortunately, many establishments — restaurants, banks, hospitals — aren't equipped with Braille menus, statements or bills. That means people with blindness or vision impairment aren't given the freedom to choose their own dinner or to keep their finances private.

Louis Braille invented and designed Braille writing, which enables people who are blind to read by feeling a series of organised bumps representing letters, after he became blind.

Braille allows blind and partially

sighted people to learn spelling, grammar and punctuation and gain an understanding of how text is formatted on the page. A visually impaired person needs not to use his/her eyes for reading. All one needs is his/her hands to feel the raised dots.

Ahead of World Braille Day January 4, a few Braille experts and a user share their experience with **Sunday POST**.

**WHAT A USER HAS TO SAY**

**Manjulata Panda**, the first woman blind Ph.D holder and a lecturer at Hirakud Degree College in Sambalpur, believes that without

Braille life of a visually-challenged person is meaningless. It enables a visually-impaired person to read and write. Besides, it also enables a visually-impaired person to access knowledge and information from outside world. "It is certainly a ray of hope for persons with visual disability. Thanks to



ent life. I was born blind. None have expected that one day I would complete my Ph.D in Political Science and get a job. Braille helped me secure a cushy job. I find Braille more interactive and accessible. Whatever I read in Braille, it gets printed in my mind. I find it more accessible and interactive than any other technology. It helped me make my dream come true. Even after being posted as lecturer, Braille helped me to teach my students."

**EXPERTS SPEAK**

Asked, how Braille helps people with visually impairment to become independent, **Sareeta Behera**, Editor In-Chief, The Braille Communicate and consulting psychologist, says "Braille, as an embossed form of tactile language system has enhanced accessibility and inclusivity among the individuals with visual impairment. Starting from acquiring knowledge, augmenting learning to professional accomplishments; the usage of Braille has etched many inspiring and successful stories across the globe. Through appropriate Braille training, individuals with visual impairment can scale new heights of



inclusivity and empowerment. Braille has strengthened learning, life skills, employability and independent living of the individuals with visual impairment."

She continues: "Lack of knowledge and access to Braille can create an obstacle in holistic well-being and mainstreaming. With the advancement of technology and rehabilitation engineering, there have been many developments in the area. However, trickling down of all such technical support services to the remotest locations and grassroots still seems like a distant dream. Owing to the ease of training and availability, capacity building of Braille starting from early intervention phases, can augment learning and development from the grassroots to global levels, without much obstacles. Braille has the capacity to turn lives from becoming victims to victory. With the use of Braille, individuals on the spectrum of disabilities and visual impairment can accomplish their life goals physically, economically, socially, psychologically and across all the domains of life."

**Md Imran Ali**, a social worker and founding member of International Braille magazine published from Bhubaneswar, says, "People with visual impairment face difficulties while purchasing medicines because they cannot read expiry dates of medicines.



So, there is a need to make all information in Braille script mandatory on medicines. Similarly, they also face problems as a customer of any product because there is no mention of expiry dates in Braille. It violates their rights as customers. There must be inclusivity of Braille in every sphere of life."



Braille, I am leading an independ-

Sanjay



PHOTO: KUMAR SHARAT