

JANUARY 17-23, 2021

SUNDAY POST

HERE . NOW



Learning amid fear

P
3,4 **COVER STORY**



Playback singer Bishnu Mohan Kabi loves to spend more time in his studio doing research works on music during non-working Sundays.



With mother and son Rehansh



With music director Abhijit Majumdar

Part time instrumentalist I love playing tanpura and guitar in my free time Sundays. In fact, I became a guitarist during the lockdown.

Prepping young buds I love to pass on the skills I have to promising singers. I used to take virtual classes during the lockdown but kids have started coming after easing of restrictions.

At second home Studio is like my second home. Sundays sound boring if I don't drop in there where I do lots of research on music and write journals on its components.

Nature Enthusiast I take care of the saplings that I have planted on my studio premises. It feels really good that I have managed to develop a beautiful flower garden on a patch.



Care for voice I start my day with riyaz. I religiously follow this technique at least for two hours early morning to condition my voice and get better.



With music director Prem Anand

Donning chef's apron I love to cook some tasty non-veg dishes for my son, wife and parents. Besides, I take them to the mall for shopping.

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

- When I ask for directions, please don't use words like 'east'. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops. My luck is like a bald guy who just won a comb.



FORGOTTEN EVENT

Sir, Apropos the article 'Reminiscing a true icon' published in the last issue of Sunday POST, I feel that National Youth Day has almost become a forgotten event in today's time. Last year we organised a meeting to celebrate the occasion but most of my friends didn't turn up. I agree with Punyasloka's opinion of monetizing the day much like Valentine's Day to draw the attention of the millennials.

ANTARYAMI SAHOO, BEGUNIA

AUTHENTIC ODIA FOOD

Sir, I found the cover article 'Myriad hues of harvest fest' quite interesting. However, I was expecting a signature Odia cuisine in the food section ahead of Makar Sankranti. I would like to urge the Sunday Post team to come up with recipes of authentic Odia dishes for foodies like me. Needless to say, some of these traditional items are offered to the deities at various temples of Odisha.

KEDAR MISHRA, PURI

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



Learning amid fear

RASHMI REKHA DAS, OP

Reopening of educational institutions has certainly brought cheers to many. But some teachers and students are apprehensive of entering classrooms due to Corona scare

Students' excitement knew no bounds after the Odisha government, following days of deliberation, finally decided to reopen the educational institutions from the second week of January. While pupils were more than happy to catch up with their mates after a long break, teachers, too, were anxious about going back into the classroom, their second home. Needless to say, this reopening certainly brought cheers for many. However, some are still in constant fear of contracting the deadly coronavirus. Teachers and students from various schools and colleges share their joy and apprehension with **Sunday POST** and tell how different the post-lockdown scenario is.

Subhashree Das, a post-graduate teacher, English at Buxi Jagabandhu English Medium School, says, "Online class was completely new for the teachers as well as the students. Mode of teaching has gone through a sea change in the last couple of months. Pandemic had put the teachers in a virtual world of teaching. Though it made many tech-savvy, there were drawbacks too. For instance, it was not always possible to clear the doubts of each and every student while delivering lectures in an online class. So, after the reopening of educational institutions, students' main concern is how to clear the doubts they have in their mind. Besides, they are worried about their practical classes because throughout the lockdown period we had been taking the theory classes only. On the other hand, it is becoming difficult for us to take classes from 7.30 am to



1.00 pm wearing face masks and maintaining social distance."

On returning to traditional classes, she further says, "Online classes are no substitute to classroom teaching. It is a different experience altogether to interact with the students and address their issues. However, now we are observing that some students, after becoming familiar with online mode of teaching, are reluctant to get into the classrooms. Some others are hesitant to rejoin due to corona scare. It is not just the students, many of us are also in fear."

"Having said that, I want to tell that Covid-19 guidelines are strictly followed in our school," assured Subhashree adding "Half of the students were present on the first day of the school but on the second day the attendance increased to 85 per cent. As per the government guidelines we are not able to provide them

transport facility which is why a few students from re-

mote areas couldn't attend their classes."

Lipsa Mishra, a post graduate teacher at DAV Pokhariput, says "We were not well versed with online classes, so, both teachers and students had some issues. There were some difficulties, like clearing doubts and yelling at inattentive kids, which can't be resolved virtually. We were eagerly waiting for schools to reopen and I am happy that it finally happened."



Speaking about the differences between before and after lockdown scenarios, Lipsa adds, "The classroom ambience will never be the same again anytime soon. Now we can't have a free discussion with masks on our face. Anyway, I loved to see students returning to school and shouting in unison. The attendance was thin on the first day, at Science classes in particular. I guess it is due to their preparations for various entrance tests. Nevertheless, we enjoyed our return to the classroom. All the norms laid down by the government are being followed religiously to ensure safety of the students."



Students at Unit II Capital Girls' High School are being welcomed by teachers.



Students of Sai International School maintaining social distance in a classroom

WHAT STUDENTS HAVE TO SAY...

Ananya Subudhi, a Plus II second year student of Jupiter College, says "I was on cloud nine when I came to know about reopening of colleges. Due to network issues at my place, I couldn't attend my classes regularly. But, now I can clear all my doubts before appearing the examinations. However, I must thank the authorities for taking all safety measures."



put the mask on our face always. Anyway, I am actually happy to return to my classroom."

Muktikant Mishra, a Class XII student of DPS Dhenkanal, says, "Every student loves to be in a traditional classroom as it includes practical involvement and direct interaction with teachers. Lack of communication in an online class makes it a boring affair. Besides, classroom teaching has quite a few advantages compared to virtual classes. Talking about precautions, I must say each student needs to be careful and follow the norms strictly to reduce the risk of coronavirus infection. The authorities have taken all the measures for the safety of teachers and students."



Sanket Pradhan, a Plus II Science student of SCS College, Puri says, "Classroom teaching has a charm of its own and online classes cannot take its place. I was excited to meet teachers and friends after a long gap, not virtually anymore. Face-to-face interaction matters a lot in learning. So, I am happy to be back at my college. Though precautionary measures are in place, fear of getting infected by Covid 19 is there in the back of our mind."



Omm Sai Prasad Pani, a Class X student of Govt. Bisweswar Project High School in Athagarh is of the opinion that "I am quite happy because my school has opened after so many months. Besides, the school management is trying its best to provide us a corona free environment. Before entering the premises, we are given hand sanitiser and thermal checking is done. Only two students are allowed to share a desk. Similarly, face mask has been made mandatory for all. Despite these measures, students are a little scared. This is a reason, no student dares to violate the guidelines."



Suhani Sukanya Rai, a Class XII student of Buxi Jagabandhu English Medium School, says, "Classroom teaching scenario before and after the lockdown is completely different. Earlier, a group of six-seven students used to have discussions about a project with their teachers whenever they wanted. That is not the case now. We have to maintain social distance and



meals outside the classroom and exchange books and copies with their friends which was a common practice in normal condition. Taking class with so many restrictions is really stressful."

She further adds: "As the government has made it mandatory for educational institutions to remain open on Sundays, it becomes difficult for teachers to teach without a break. It will also be stressful for the students if they are asked to study on Sundays."

BJB College Principal Niranjan Mohapatra says, "We have left no stone unturned to provide a covid-free campus to our students with the reopening of the college. As per the government norms, all precautionary measures are being taken at the school following the government norms. The campus and classrooms have been sanitised while the students too are made to maintain the protocols for their safety."



He continues "Online classes have, no doubt, proved beneficial. We have almost covered 90 per cent of the syllabus. Apart from our own faculties, some guest faculties were hired for revision. Now students can have their doubt-clearing classes which will help them face the examinations confidently."

We have a corona committee in place which is monitoring the proper compliance of covid guidelines at every classroom. While one bench has been allotted to one student, teachers have been asked not to get close with the students. Besides, students have been asked to take food inside the classroom and not to remove their masks till they reach home."

Talking about the fear factor, she says, "I would be lying if I say we feel okay with the reopening. Be it the students or the teachers, all of us are a little scared as the vaccination process is yet to begin. But we are fortunate enough to have such a great principal who has taken all precautionary measures to check the transmission."

Diptibala Mishra, a Political Science lecturer at Sachidananda Higher Secondary School, Indipur, says, "There is a lot of difference between pre and post-lockdown scenarios in a classroom. As the threat of contracting coronavirus is still there, all of us have to maintain social distance in a classroom which will make it look more like an examination hall."



That apart, classroom teaching is not just about the chalks and dusters. It is about the ambience which builds a bond between teachers and students. Online classes are not beneficial from a student's point of view because it lacks direct interactions and discussion with students. We are happy to be back in the classrooms. But it is difficult on our part to deliver lectures with covers on our face. I often feel suffocated while taking classes. Besides, students also feel uncomfortable having masks on their face all the time. Now, they are not allowed to have their



Students entering BJB College with masks on their faces

PHOTOS: BIKASH NAYAK, OP



Students of Ramadevi Women's University maintaining Covid-19 protocols

Apps to make home-workouts interesting



PIC: VIVEK KRISHNAN PHOTOGRAPHY

SITTING AT HOME FOR MONTHS HAS MADE PEOPLE SHIFT EVERYDAY FITNESS TO VIRTUAL OR ONLINE PROGRAMMES. HERE'S A LIST OF A FEW DIGITAL FITNESS PLATFORMS TO HELP YOU REACH YOUR GOAL FROM THE COMFORT OF YOUR HOME.



TREAD
It is an online fitness start-up that connects the country's top trainers and fitness experts with fitness enthusiasts and individuals free of cost. It covers Yoga to Zumba and Running to HIIT, allowing users to create their own schedules and ensure uninterrupted fitness training at home or on the road with the app.



Daily Yoga
Daily Yoga inspires yogis worldwide with the largest yoga pose base. It helps one practice yoga on all mobile devices and multi-platforms. It has more than 100 yoga and meditation classes to help people from all levels. Most of them are between three to sixty minutes, and it's designed for both beginners and professionals.



GOQii
GOQii's smart health ecosystem integration tools for real-time personalised coaching, a health ecommerce store, scheduling doctor appointments, and a unique 'GOQii Cash' programme where healthy behaviour is rewarded with cash discounts and insurance discounts. The smart-tech-enabled startup already had a pre-existing platform of live videos (GOQii Play), ecommerce (GOQii store), and doctor consultations.

TWellness App
Based in Bologna, Italy, Technogym's new fitness app TW, (TWellness), helps users access specialised sessions conducted by master trainers at Technogym, across the globe. Technogym also offers a complete range of products for home fitness based on the space available, training needs, sport passions, or home interior style.



Curefit
At cure.fit, one makes group workouts fun, daily food healthy & tasty, mental fitness easy with yoga and meditation, and medical and lifestyle care hassle-free. These guided workouts at curefit include bodyweight exercises that will strengthen the midsection, burn belly fat and help improve your overall fitness.

30 Day Fitness
The name of this app is quite relevant as this fitness app has the personalised 30-day challenges to help you achieve your goals of being more active, lose weight, or gain muscle. This app has 400-odd individual fitness workouts that are designed to be done at home or pretty much anywhere.



Urvashi goes 10 shades darker



Actress and former beauty queen Urvashi Rautela has gone 10 shades darker than her original skin tone for an upcoming project.

Urvashi posted a video on Instagram, where she is seen walking into a set dressed in salwar kameez. She is seen sporting vermilion and has put faux hair to flaunt a long braid.

“Got 10 shades darker than my original skin tone. Something exciting coming up soon!!! Haaye mere lambe baal kisi ki nazar na lage (Hope no one casts an evil eye on my long hair) What do you guys think about my new look?” she wrote as the caption.

Urvashi did not share details about what she is shooting for.

Speaking about her upcoming work, Urvashi is working on her first bilingual movie, Mohan Bhardwaj’s *Black Rose*, based on Shakespeare’s *The Merchant Of Venice*.

She will try to bring alive an updated avatar of legend late Madhubala in a music video of the recreated version of the classic song *Ek ladki bheegi bhaagi si*.

IANS

Jacqueline Fernandez enjoys bike ride

Actress Jacqueline Fernandez thoroughly enjoyed herself during a bike ride, and recently took to Instagram Stories to share how much she enjoyed riding a bike.

Jaqueline shared a video of herself enjoying the bike ride, and wrote: “That’s it. I am changing my mode of transport to bike.”

Meanwhile, on the professional front, Jacqueline has a packed year ahead, with several films lined up.

She has shot for her horror comedy *Bhoot Police* and has commenced shooting for *Bachchan*

Pandey, co-starring Akshay Kumar and Kriti Sanon. She will reunite with superstar Salman Khan for *Kick 2*. The two had starred in the 2014 action heist film *Kick*.

Jacqueline will also share screen space with Ranveer Singh in Rohit Shetty’s *Cirkus*.

“I am looking forward to the year and never wish to stop working, I would rather prefer to hop from one set to another than be deprived of the joy of shooting,” she said previously while talking about the New Year.

IANS



‘Feels like my first day in front of camera’

Actor Pulkit Samrat is all set to resume filming after almost a year, and he says it feels like his first day in front of the camera.

Pulkit recently posted a picture on Instagram, lying shortless in bed. “Aaj din chadhaya.. mere rang warga. It’s a #goodmorning. Gonna be filming almost after a year. Super excited, super nervous. Feels like my first day in front of the camera.. It’s indeed gonna be a #happylohi!! #filmshoot #onset #morn-ingvibes#gratitudeattitude,” he wrote as the caption.

The actor did not share details about what he is filming.

However, he was recently at a reading session of the upcoming film *Susvagatam Klushamadeed*. Directed by Dhiraj Kumar, the plot is based on social harmony, and how love is the strongest thing in the world and can conquer all. The film will be extensively shot in Delhi and Agra. He will also be seen in *Fukrey 3* and *Bulbul Marriage Hall* in the coming months. IANS

Gwen grew up listening to Madness

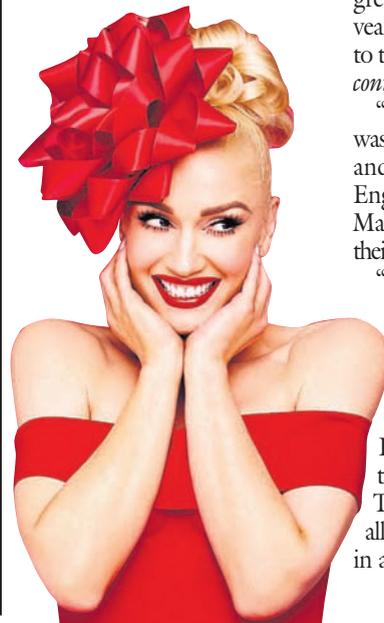
Singer Gwen Stefani has shared how her sibling got her into listening to UK band

Madness when they were growing up.

The No Doubt singer, who grew up in California, has revealed how she was introduced to the ska music genre, reports contactmusic.com.

“I was 17 when my brother was getting into these ska bands and discovered music from England and this band called Madness and would bring all their records home,” said Stefani.

“When we got into Madness it felt like underground weird music and they really sang about their culture and Camden Town, and we really looked up to England and London — that music and Stiff Records. That led us into reggae and all the ska acts and they united in a scene,” she added. IANS



HOT 'N' CRISPY

VEG MOMOS

Ingredients

- Plain flour (maida): 1/2 cup
- Salt to taste
- Oil: 5 tsp
- Finely chopped garlic: 2 tsp
- Finely chopped ginger: 2 tsp
- Finely chopped green chillies: 2 tsp
- Finely chopped onions: 1/2 cup
- Finely chopped carrot: 1/2 cup
- Finely chopped french beans: 1/2 cup
- Finely chopped cabbage: 1/2 cup
- salt to taste
- Schezuan sauce: 2 tsp
- Sugar: 1/2 tsp
- Plain flour for rolling

Procedure

Combine the plain flour, 1 tsp of oil and salt in a deep bowl and knead into soft dough using enough water. Cover the dough with a wet muslin cloth or lid and keep aside for 10 minutes. Heat the remaining 4 tsp of oil in a broad non-stick pan, add the garlic, ginger and green chillies and sauté on a medium flame for a few seconds. Add the onions, carrot, french beans and cabbage and salt, mix well and cook on a medium flame for another 2 to 3 minutes, while stirring occasionally. Add the schezwan sauce and sugar, mix well and cook on a medium flame for a few seconds. Keep aside. Divide the dough into 14 equal portions. Roll a portion of the dough into a 75 mm. (3") diameter thin circle using a little plain flour for rolling and place 1 tbsp of the prepared filling in the centre of the circle. Hold it on your palms, fold the two sides and pinch them. Fold the other open side and pinch it again so as to form a triangle as shown in the image. Steam as many as seven momos in a greased steamer for 8 minutes or till they are cooked. Serve immediately with soy sauce and chilli garlic sauce.



Ingredients

- Potato: 500 gm
- Salt: 5 pinches
- Refined oil: 2 cups For garnishing
- Black pepper: 3 pinches

Procedure

To prepare this easy recipe, you need to make sure that they are cut in the right shape and size. They should neither be too thick, nor too thin and should be cut clean and sharp. The trick is to first slice the potatoes and then cut them lengthwise. You can also use a fries cutter for that long, even shape. Now, wash the potatoes under running water till they are squeaky clean. Place them in a bowl of iced water for 10 to 15 minutes. Keep them submerged in water or they will turn black. Now, heat the oil in a deep bottomed pan. Once the smoke starts appearing, reduce the flame and allow it to acquire a lower temperature. Now, deep fry the potatoes in batches. Keep the flame low. This will make them crunchy and also help retain their colour. Drain excess oil and place on an absorbent paper. Allow them to cool. Now sprinkle salt and pepper and toss well. Serve immediately with ketchup. They can also be served with burgers and cutlets. They replace carbs in most continental meals. You can pack them for your kid's lunch.

FRENCH FRIES





Sona

PHOTO: KUMAR SHARAT