

JANUARY 31-FEBRUARY 6, 2021

SUNDAY POST

HERE . NOW

WORLD CANCER DAY

SURVIVAL TALES

P
3,4 COVER STORY





Actor Madhusmita Pradhan, who bagged a State Award playing the lead role in mega serial Badhu, loves to spend most of her time on a non-working Sunday with husband and son Naman.



RASHMI REKHA DAS, OP

Managing wardrobe

For me, Sundays are generally for organising my wardrobes, kitchen, pantry, jewellery and other stuff.



Gardening

Gardening is my favourite pastime. The lockdown coupled with a break from acting has given us the time to beautify our balcony garden. It not only keeps me occupied, gives immense peace and cool mind also.

Family time

My world revolves around my husband and son. With the forced break continuing post pregnancy, I don't miss a single moment with Naman, my bundle of joy. We go either for an outing or play together and have lots of fun.



With veteran actress Jaya

Self pampering

Self-indulgence is the best way to spend the extra time you have on your hands. I love to indulge in self-care activities like facial, massage and hair spa.

Foodie

Though I am a food lover, I prefer to take a break from cooking on Sundays. My husband dons the chef's apron and treats me with some delicious non-veg dishes although he is a vegetarian.

With husband and son Naman



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

- If money doesn't grow on TREES, then why do banks have BRANCHES?
■ Why doesn't GLUE stick to its BOTTLE? Why do you still call it BUILDING, when its already BUILT?
■ If its true that we all are here to HELP others, What are others HERE for?
■ If you aren't supposed to DRINK and DRIVE, Why do bars have PARKING lots?



COMMENDABLE EFFORT

Sir, Sir, Last week's cover story 'Struggle not over yet' is really inspiring. At a time when people are busy thinking about themselves in a dog-eat-dog world, persons like Prabhu Dutt Patel, Nargis Bahaar, Soumya Ranjan Biswal and Ghasiram Panda are the real role models. Nargis Bahaar has resolved more than 3,000 domestic violence cases which is a great feat. Soumya's awareness drive on Olive Ridley conservation is also commendable.

RADHARANI SINHA, PURI

SCRUMPTIOUS RECIPES

Sir, Sir, I liked the recipes of Tricolour Barfi and Dhokla Triranga and tried my hands at making the deserts. They came out really out good and yummy. I served them to my dear ones. I would like to thank the Sunday Post team for coming up with these nice recipes. I also like to know about the recipes of different kinds of pizzas.

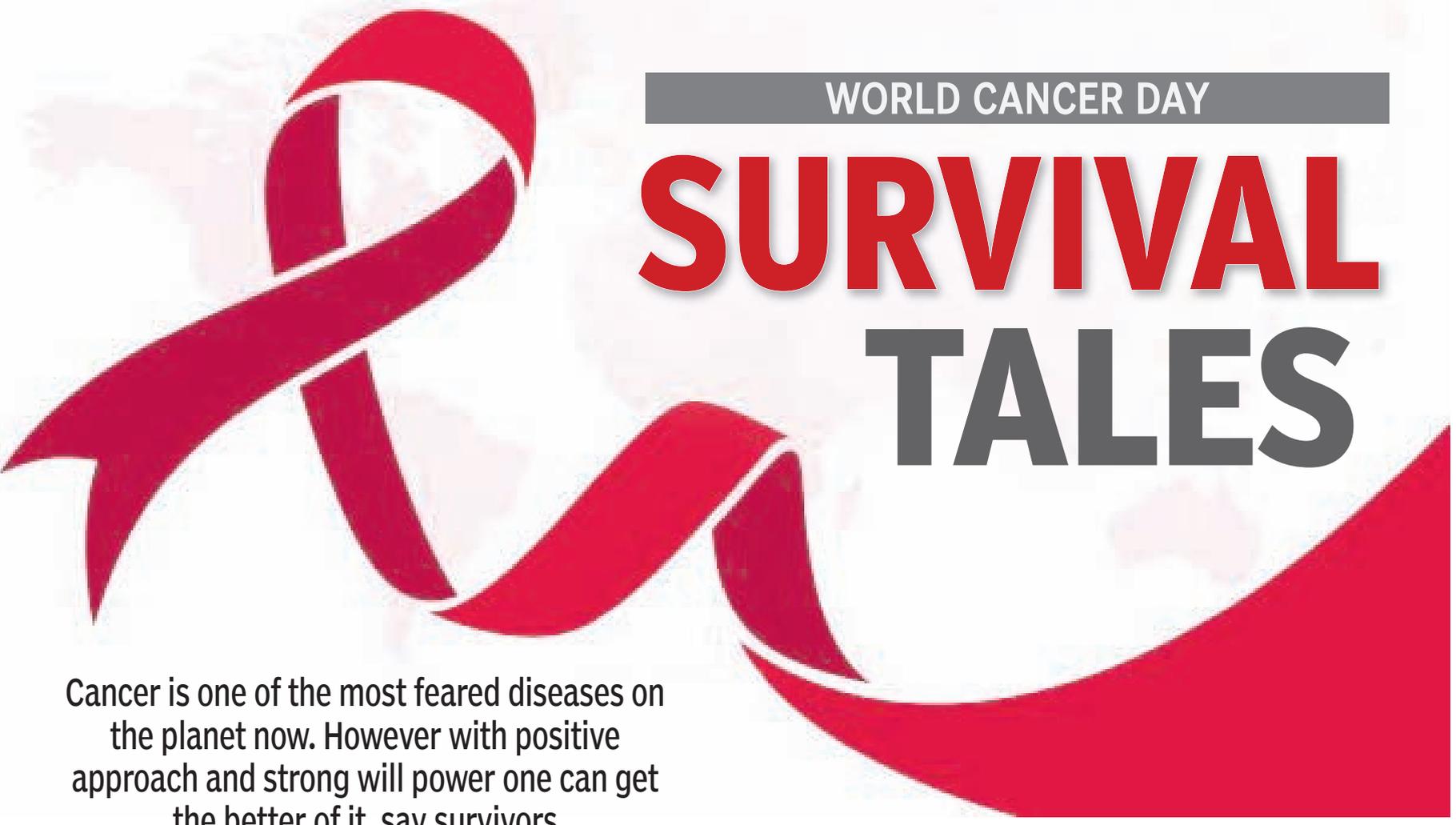
PURNACHANDRA RANA, BHADRAK

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



WORLD CANCER DAY

SURVIVAL TALES

Cancer is one of the most feared diseases on the planet now. However with positive approach and strong will power one can get the better of it, say survivors

RASHMI REKHA DAS, OP

Cancer is one of the leading causes of death worldwide claiming nearly 10 million lives every year, says a study by the World Health Organisation. No wonder, each of us now suffer from fear of getting cancer. The reports claiming how certain environmental factors also cause cancer only added to the concerns. The possibilities of painful treatments, loss of hair, spread of the cancer germs and the eventual death are what give us sleepless nights.

But there is a need to understand that getting cancer is not the end of the world. No doubt it is a dreaded disease but there are many who have emerged winners in their war against cancer. Cricketer Yuvraj Singh, actors Lisa Ray and Sonali Bendre are a few examples.

Ahead of World Cancer Day, **Sunday POST** presents the stories of such valiant warriors who have come out victorious in their battle against cancer. In a candid discussion, they share how cancer is no longer a frightening and life-threatening disease for them.

Bijoylaxmi Kar

Bhubaneswar-based Bijoylaxmi Kar was more than happy with her life as a business woman and a social worker. She went for a blood test July 21, 2008 after unexplained weight loss of 12 kilos. She was also feeling weak and experiencing pain in her abdomen. It was then that the doctor advised her to go for an ultrasound and some other tests. She was crestfallen when learnt that she was already in the second stage of acute myeloid leukemia (AML), a type of cancer that starts in the blood-forming cells of the bone marrow. By the time it was detected, Bijoylaxmi had already adopted a special child to shape his future.

"I never expected it. I was shocked because I never neglected my health and used to work out regularly. So, I was badly affected by this development. Since that day I have been undergoing treatment under oncologist Dillip Agarwal of Acharya Harihara Cancer Research Centre, Cuttack. I was told that I had just two years to live.

But surprisingly, I have been leading a normal life for the last 12 years without undergoing bone marrow transplantation which is mandatory to extend one's life span in such cases. I sternly believe the secret behind my extended life is my positive approach towards life and disciplined lifestyle."

The Managing Director of Aarati Finances, continues: "It's a never-ending battle. But, early detection, awareness and positive attitude matters a lot. I am able to survive just because I got the support and co-operation from everybody around me. I cannot say I am cured completely but I am certainly a survivor. I am still undergoing chemotherapy. It is not just cancer, any person suffering from other critical illnesses can also survive if he or she has a strong will power."

Rajeshwari Ray Mahapatra



Known for playing antagonists in many mega soaps, Rajeshwari Ray Mahapatra has stopped looking at cancer as a disease. She says it is a blessing. Like others, it was hard for her to accept that she had stage IV lung cancer that spread to brain in April

2019. But she gathered herself and embraced the reality. Notwithstanding her physical anguish, she decided to live in moments and enjoy the spirit of life till she is alive.

"Instead of wasting my energy to find out why it happened to me, I accepted the reality and developed a will power to recover. I am fortunate to have got the support of my doctor, husband, parents, friends, relatives and fans. They stood by me like rocks and helped me face the harsh realities of life.

Her mother's death because of cancer and uncle's demise due to heart attack have made her tough. So, she prefers to fight her battle wearing a smile all the time.

She believes she will become disease free one day and lead a normal life.

Rajeshwari says, "I never consider myself a patient. When I was diagnosed with cancer, my director of TV serial *To Pain Mu* did not drop me. He waited for five months so that I could resume the shoot. However, I couldn't due to some medical restrictions after getting discharged from Tata Memorial Hospital, Mumbai. I believe in the power of 'prayers' and have complete faith in Lord Jagannath. Despite battling the end stage of cancer, I am doing well because of my faith in the Almighty and cooperation of my family members," says the actress who is preparing herself to face the camera again.

On her message for the people living with cancer, she says, "We shouldn't panic, come what may."





FAMOUS COMEBACKS

Cancer has claimed quite a few lives in Hindi film industry in last few years. However, there are many who have turned winners in their fight against the disease. Here is a list of actors who managed to knock it down

SONALI BENDRE- METASTATIC CANCER

Actress Sonali Bendre had been diagnosed with metastatic cancer. The *Kal Ho Na Ho* actress has managed to beat the disease after being treated in New York and has resumed her works.



MANISHA KOIRALA- OVARIAN CANCER

The gorgeous Nepali beauty was diagnosed with ovarian cancer at the age of 42. The *Dil Se* actress was treated in New York. After several surgeries and chemotherapy, she was declared cancer-free in the year 2015.



ANURAG BASU- BLOOD CANCER

The ace director, who has given some of the best flicks like *Gangster*, *Life in a Metro* and *Barfi*, was diagnosed with acute promyelocytic Leukemia (a type of blood cancer) in 2004. Although the doctors gave him a verdict of two months it did not shake Basu's spirit and he came out of it like a true hero conquering his illness.



LISA RAY- BLOOD CANCER

In 2009, the Indian-born actress was diagnosed with multiple myeloma (another type of blood cancer). Ray kept away from any kind of media attention and fought her illness for over a year coming out victorious. In 2010, she made a public announcement saying that she had a full stem cell replacement and was cancer-free.



MUMTAZ- BREAST CANCER

This evergreen actress was diagnosed with breast cancer at the age of 54. She fought the disease for 11 years and made sure it did not get the better of her.



gery in mid January which was followed by chemotherapy and rounds of radiation sessions. Initial cycles of chemotherapy were difficult as the body takes time to adjust to the side effects, but I was mentally strong, and carried on the battle. My doctor counseled me well. By God's grace, I am 90 per cent cured now."

Her message to the cancer victims is not to be afraid of the disease and consult the best cancer specialist after viewing their profiles as soon as possible.

Amarjeet Mohanty

Amarjeet Mohanty (26), a businessman from

Puri, was an engineering student in his final year when he got the disease in 2014. It was tough for him to believe when he was diagnosed with primitive neuro-ectodermal tumor. After undergoing treatment at Tata Memorial Hospital for some months, he returned to Odisha and underwent chemotherapy at AIIMS, Bhubaneswar. There, oncologist Saroj Das changed his perception towards cancer. After four years when he was leading a normal life, he had a relapse.



"When I was again diagnosed with cancer, I had almost lost all hopes. But Saroj sir's solid assurance made me believe that I can lead a normal life again. I had to quit my job so that I could take care of my health. My strong desire to beat cancer and support from the doctor did a miracle. I am free from cancer now."

In 2020, he had one more relapse during the lockdown. But with the support from Dr Saroj Das and his family members, Amarjeet won the battle again.

"I am completely cured now but take medication every two months. Saroj sir is like the messenger of God for me."

Amarjeet's message for the cancer patients is "Life is uncertain. So, live in the present and enjoy your life to the fullest. Don't be hopeless. Always have a positive approach to beat any sort of battle in life."

All we need is a positive approach, strong will power to survive and believe in the miraculous power of God to beat the disease."

Soumya Sarkar

Berhampur-based naturopath consultant Soumya Sarkar had developed a tumor in her left breast. She thought it could be cured through naturopathy but she remained so busy with her works that she could not take care of her health properly. In January 2020 she went for a medical check-up and found suffering from the stage III breast cancer. It was her doctor who made her believe that with the right treatment, breast cancer is not only treatable, it can also be cured. She trusted the doctor.



"I started taking medicine with a positive mindset. Those months were extremely challenging, not only physically but emotionally as well. I gathered courage to fight the battle. I had a sur-



Bedtime Beauty Hacks to Look Young

Quality sleep helps revitalise body, mind and improves our mood. Sleep is the key to feeling and looking youthful. Sleep does wonders to feel refreshed, protecting health, and immune system to look gorgeous and rejuvenated.



Here are some dos and don'ts of night care:

Dos
Products for cleansing should be selected according to skin type and individual needs. For example, if the skin is dry, a hydrant cleansing gel should be used. For oily and combination skin, a cleansing lotion or light cleansing milk may be used. For acne, pimples or rashy skin, it is better to use a medicated cleanser. After cleansing, the skin should be wiped with a rose based skin tonic, using cotton wool. If the skin is dry, nourish and massage it with a nourishing cream. Apply it on the face and massage it with outward and slightly upward movements. Wipe off excess cream with moist cotton wool before bedtime. Apply the cream on the neck too and massage it with hands, starting from the chin and going downwards. The pressure should not be applied when bringing the hands back to the chin, but only as you massage downwards. This helps to delay formation of lines on the neck and also reduces double chins. For all skin types, an under-eye cream should be applied around the eyes and wiped off with moist cotton wool after 15 minutes. The hands may be massaged with hand cream, especially around the nails, so that the cuticle remains soft. If there is acne/pimples, apply medicated lotion on the eruptions and leave on overnight. If there are pimple marks, apply an anti-blemish cream only on the marks and leave on overnight.



SHAHNAZ HUSAIN

The wrinkles, dull complexion and fine lines on skin are formed due to innumerable array of things like harsh ultraviolet (UV) sunrays, dust, air pollution and harsh chemicals which comes in contact with skin during day time. But Sleep is the most powerful rejuvenating treatment and you can reverse this by taking care of skin by good night's sleep. Sleep keeps young, slim and sexy by strengthening mental and physical health of an adult. Beauty sleep is not just a myth but helps to stay young by lowering stress level, preventing weight gain and strengthening immune system.

The skin goes through renewal process at night which helps to remain radiant, smooth and youthful.

While you sleep, the skin repairs itself but adopting few simple ayurvedic beauty tips can improve your skin tone, reduce blemishes and give radiant glow and you can wake up with soft glowing skin, bright eyes and shiny hair.

A bedtime beauty care routine is of much importance, so that the skin is cleansed of make-up, pollutants, dirt and all the impurities that are deposited on it during the day. Also, all the repair and restoration of the body take place when we sleep. The cell renewal process also carries on at night when the body is at rest. Therefore, we should ensure that the skin is clean and the pores are free, so that the skin's repair and renewal can be carried out properly. If the skin is normal to dry, it should also be nourished at night, especially during the dry winter season.

As already mentioned, night time cleansing is of utmost importance. Whatever the type or texture of the skin, it requires thorough cleansing at night. Before it is cleansed, the skin surface is covered with a film of dirt, stale sweat and oil deposits, stale make-up and pollutants. These not only upset the normal

balance of the skin, but also hamper its natural functions. Night time pampering of the skin helps us to give special care to particular areas, like the area around the eyes, the neck and hands. These are areas which are the earliest to show signs of age. A nightly routine helps to delay the formation of lines and wrinkles, keeping the skin smooth and youthful. It also keeps the skin and facial muscles toned, strengthening the supportive tissues and preserving the elasticity and resilience of the skin. Proper and regular care, according to its needs, keeps the skin healthy and free from problems.

During the day, the skin basically needs protection from UV rays of the sun and air pollutants that cause damage to the skin and also deplete moisture. Day time care also involves cleansing and toning, but protection is the main aspect. Night time care basically involves restoration and maintenance of the skin, as well as preparing it for the night. It involves thorough cleansing, including the removal of make-up, care of the area around eyes, nourishing and massage of the skin. If the skin is oily, or if there is acne, night care may also involve the application of products to control the condition.



Rita Ora is a fan of Charles Dickens

Singer-actress Rita Ora says she is a huge fan of the iconic novelist Charles Dickens.

Ora plays Dodge, a female incarnation of the Artful Dodger, in *Twist*, which is a new take on Dickens' *Oliver Twist*. She was delighted to get the role as she is a 'book nerd' and loves the works of Dickens.

"I am a big Charles Dickens fan. I actually love reading, I know people don't know that about me but I am a bit of a book nerd," Ora said, according to a report in *contactmusic.com*.

She stars alongside Michael Caine, who plays Fagin in the Martin Owen film. She shared how much she appreciates the way that the acting legend works.

"He has a certain way of working, I think he always has, and I just got on to his wave. That's the way you have to be when you are with a Sir, you have to work how they work," Ora said about Caine.

IAN S



When Alia took a different 'flight'

Actress Alia Bhatt went into day-dream mode amid a conversation, going by her post on social media.

Last week, Alia posted a picture on Instagram where she was seen looking away from the camera and thinking about something with a smile on her face.

"Took a flight mid convo," she wrote as the

caption. Alia will next be seen in the first installment of director Ayan Mukerji's superhero adventure trilogy *Brahmastra*. In the film, Alia stars alongside rumoured boyfriend Ranbir Kapoor, along with Amitabh Bachchan, Nagarjuna and Mouni Roy.

The actress also stars in Sanjay Leela Bhansali's *Gangubai Kathiawadi*, a film reportedly revolving around the life of a brothel owner and matriarch. IAN S



Ayushmann, the poet hunk

Actor Ayushmann Khurrana balances brain and brawn in a new Instagram selfie he posted last week. While he strikes a shirtless pose on the social media handle, showing off a chiselled frame, he topped the impact with some original Urdu poetry.

"Agar tumhe mere fitoor aur fahem* ke darmiya ek ko chunna pade, toh tum fitoor ko chunna, kiyunki fahem toh vaisai bhi tumse dur rehne ko kehata hai — Ayushmann 'samajhdaari,'" Ayushmann wrote as caption with his hunky snapshot.

The actor recently wrapped up the shoot of his upcoming film *Chandigarh Kare Aashiqui*. The love story is directed by Abhishek Kapoor and co-stars Vaani Kapoor, and was shot in Chandigarh over just 48 days amid the pandemic.

Meanwhile, Ayushmann recently announced his next film, a campus comedy drama titled *Doctor G*. The film will be directed by Anubhuti Kashyap. IAN S



Karishma lost in her thoughts

Actress Karishma Tanna recently shared a stunning picture in a sizzling red outfit, admitting that she is lost in her thoughts lately.

Karishma posted two pictures on Instagram. In the images, Karishma is seen dressed in a burnt red lacy brassiere as she strikes a pose for the camera.

She wrote as the caption with the first picture: "Lost in my own thoughts".

"Lost is a lovely place to find yourself," she wrote alongside the second image.

Karishma will soon be seen in *Labore Confidential*, which revolves around an Indian woman who, amidst her mundane routine and love for Urdu literature, is engaged for intelligence duty in Pakistan. The film mixes a sense of patriotism with thrills and old-school romance. Created by crime writer S Hussain Zaidi, it also marks the directorial digital comeback of Kunal Kohli. The film features Karishma Tanna, Arunoday Singh and Richa Chadha. IAN S



MIRRORING INDIAN MIDDLE CLASS AGONY

NIKHIL UPADHYAYA

Whilst we all think crime genre to be full of murder mysteries, somewhere down the line we fail to recognise 'misuse of laws' to be an equally heinous crime that can be shattering and ruin somebody's life and family. And when the victim grapples with all legal convolutions, the society starts looking at him through a prejudiced vision. How does one cope up in such a suffocating situation? It's often not easy to deal with such trying circumstances, putting one's emotions behind and still fighting on with a hope to start afresh one day.

Simon, in his debut novel, *The Bitter Half - a Dichotomy of Trust & Betrayal* brings forth the severity of harassment faced by the protagonist and his family who have never ever crossed paths with either the police or judicial system, have to now deal with it for reclaiming their dignity and existence. The novel is nothing short of a complete package; it's a journey of its central character Sumit Ghosh, a small-town lad armed with a high-flying MBA degree who lands in Mumbai to build a career in the corporate world. He lives with his sister, who is also a working professional intertwined in the hustle and bustle of a city famed to never sleep. The story revolves around how Sumit's parents go through their struggles to eventually finding a suitable girl, Moulina to be his soul mate in an arranged marriage

The story has contrasting settings and nicely oscillates between the fast-paced city life of Mumbai to the remote, laidback and placid towns of Odisha

set-up. Moulina comes from a close-knit family who has grown up in a small town in the vicinity of Rourkela, the Steel City of Odisha. Though a fictitious setting, the serene descriptions of this semi-urban Odisha town, its harsh weather patterns from scorching summers to cyclonic outbursts of the monsoon season are vividly painted by Simon. This will most definitely draw uncanny similarities to the actual suburbs of the Steel City for the native readers of Odisha. Moulina is an ambitious independent girl who though detests her father's dictatorial ways of trying to run her life, hopelessly finds yielding into his devious plots and mind games that completely changes the course of her blissful marital life. The author creates a tempting line-up of some juicy characters who not only make pertinent appearances within the script rallying around Sumit and Moulina in their ordeals but are sure to get the people picking up this book hooked on to them right till the very end.

The plot ultimately revolves around Sumit and his family landing up in a labyrinth of legal battles and court proceedings whilst wading their way through corrupt police officials and law manipulating opportunist advocates. Needless to mention there is no dearth of twists and turns that will keep the reader turning the pages over relentlessly throughout this non-linear narrative.

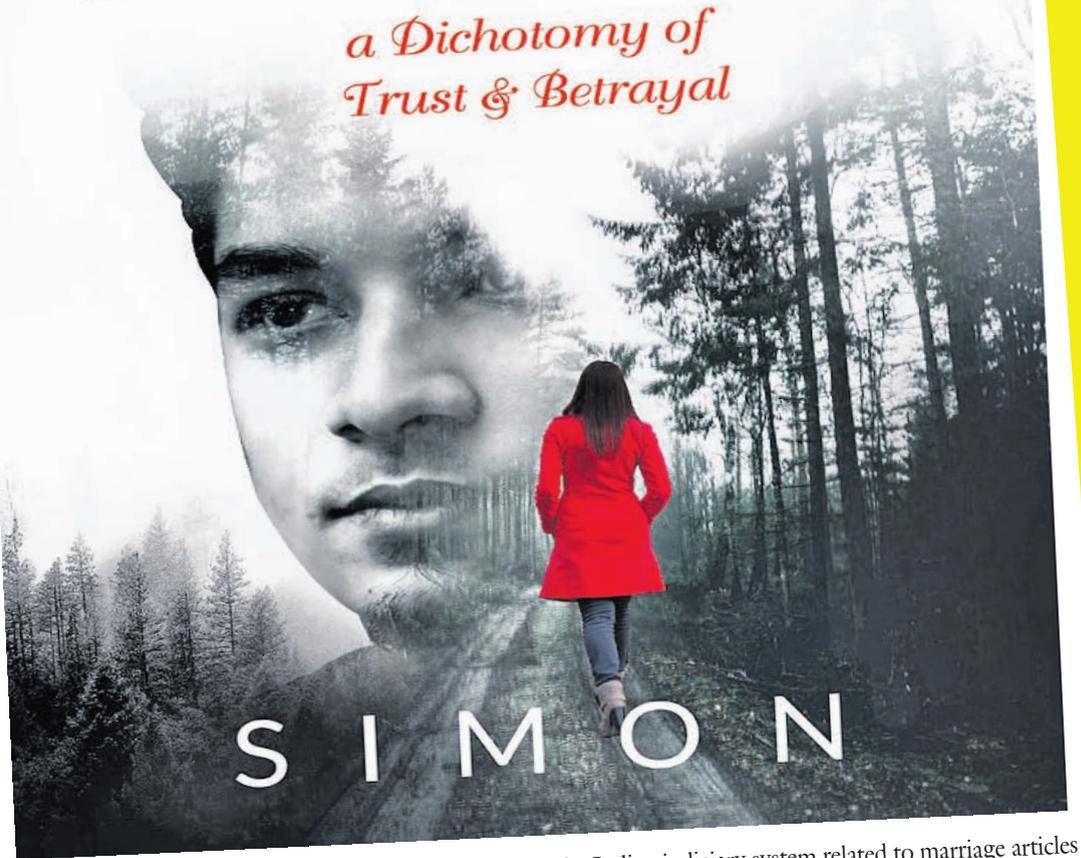
In every aspect, Simon turns out to be a novelist that looks the epitome of talent in crafting characters with his stupendous literary richness and creates a story that keeps one captivated right from the very first page. The

INSPIRED BY TRUE EVENTS



The Bitter Half

a Dichotomy of Trust & Betrayal



author has surfaced a sensitive and controversial subject in the guise of a compelling story that will make you ponder over the inherent intricacies within a marital relationship from a completely different angle. It subtly unravels how a flawed and biased legal system can shake one's belief into the institution of marriage itself!

Simon's narration style is exceedingly refreshing and captures a storyline that spans over an 8-year period in a riveting cinematic flashback style that keeps the reader enthused with the characters past and their forward journey throughout the book.

The story has contrasting settings and nicely oscillates between the fast-paced city life of Mumbai to the remote, laidback and placid towns of Odisha. It provides the reader an insight on how adept lawyers are in manipulating

the Indian judiciary system related to marriage articles and conniving with corrupt police officials to victimize innocent people and destroying families.

Simon, a promising Indian author, just stepping onto the literary scene with his first offering has shown great panache in his storytelling abilities. As a Consumer Insights professional, meeting consumers and listening to their preferences and viewpoints has helped him craft stories for Brands he has handled and ultimately transformed it into his passion for storytelling.

The reviewer is a London-based IT Programme Manager having great enthusiasm in literature across multiple genres.



Arpita

PHOTO: CHANDAN, OP