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SUNDAY POST

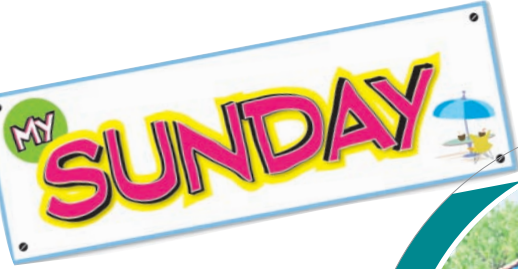
HERE . NOW



DONATING HAIR FOR PEOPLE LIVING WITH CANCER

Locks of Love

P
3,4 COVER STORY



With mother

Music director, singer and RJ Abhiram Khuntia loves to lend a helping hand to his wife in her daily chores every Sunday so that they both can spend more quality time together

Early riser

I have been getting up early for a long time. Rising early gives me the opportunity to do riyaz for an hour which is essential for my profession.

Fitness freak

I am a firm believer in the power of yoga. I prefer yoga over other forms of exercises to maintain my fitness.

Naturalist

Being an avid nature lover, I love to spend some time quietly in my small garden. I also do everything for proper preservation of the plants.

To mom with love

I am a big fan of my mother, especially the dishes she cooks. She often makes my Sundays special by preparing my favourite Mudhi Ghanta.



With wife

Battling stress

I have a unique way dealing with stress. I mostly watch my favourite actor Govinda's popular dance numbers to de-stress myself.

Wife's assistant

I lend a helping hand to my wife to get her house chores done quicker. This helps us to spend quality time together.



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

FUN MEMORIES Sir, Last week's cover story 'Fading into Oblivion' made me nostalgic of the good old days in my childhood. Children of this digital age may never understand the values of these traditional games. Those days were not only full of fun but also helped in our physical and mental growth. For instance, a game like Puchi helps in enhancing the strength and stamina of the adolescent girls. Girls of this generation should engage in such activities. SONALI MOHANTY, BHUBANESWAR OLD IS GOLD Sir, The cover story 'Fading into Oblivion' made for an interesting read. The games discussed in the write up are extremely useful in today's time. The game of marbles helps us in increasing our focus, concentration and patience and teaches the rudiments of mathematics while Kith-Kith builds strong shoulders and legs in girls in later years. Gilli Danda also increases our concentration level. However, with the advent of electronic media these games are on the wane. DEEPAK SENAPATI, BHADRAK

LETTERS Fading into oblivion 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

DONATING HAIR FOR PEOPLE LIVING WITH CANCER

Locks of Love

Though wigs are available in the market for cancer patients who have lost their hair due to intensive medication, good quality ones are usually expensive, making it out of bounds for many

RASHMI REKHA DAS, OP

Donating is a noble act and needless to say there is no dearth of people who donate generously in various forms like cash, alms, services, clothing, toys and food. Besides, there are also people who volunteer to donate blood and organs. But not too many people are aware of hair donation.

As strange as it may sound, a campaign is on to encourage people, women in particular, to join hair donation drive. Presently due to lack of awareness, there are very few hair donors in India. So, there is a need sensitise people and host more hair donation events in the country.

Hair donation, why?

When a woman suffers from massive hair loss due illnesses like cancer, the result can be devastating to her self-esteem. Though wigs are available for cancer patients, who lose hair due to repeated chemotherapy sessions, good quality ones are usually expensive, making it unaffordable for many people. So, hair donations often help the organisations producing wigs to be given free to people living with cancer.

A few women who snipped off their hair to help out the cancer victims shared their feelings with **Sunday POST**.

Shruti Maiti

Hailing from Baripada, Shruti, who donated her pony tail in December 2020 says, "I came to know about hair donation when I was studying in Class X. We had a chapter about cancer in our syllabus. Therefore, I knew that chemotherapy leads to hair loss in a patient and how it hurts one's self-esteem. So, I decided to donate my locks but I had no idea how to make it possible. I was also not sure how my friends and relatives would react to it."

In the meantime, five years elapsed but Shruti couldn't donate hair. During lockdown, a few branded beauty salons opened their



Shruti's before and after photos of hair donation

branches in Baripada. Excited, she contacted them to find out whether they accept hair to make wigs and donate free of cost to women undergoing chemotherapy but in vain. However, she didn't lose hope. Around same time, she came in contact with Anandamayee, a girl from Bhubaneswar who was pursuing her integrated B.Ed at MPC Autonomous College, Baripada.

Shruti says, "I met her incidentally when she came to college to collect her migration certificate. My happiness knew no bounds when I learnt that she donates her hair to an organization which makes free wigs for the cancer patients. Through her, I contacted a volunteer of that organisation and he made my dream of donating hair for the cancer survivors come true. I am also thankful to my grandparents and mother who encouraged me in this regard."

Not just the hair, Shruti has already registered her name to donate eyes and other organs.

Prangya Parimita and Divya

The mother-daughter duo Prangya Parimita



Behera and Divya Aradhya Das recently snipped off their locks to bring back smiles of some cancer patients. While Divya let go her 18-inch-long hair, her mother donated

her well grown 25 inches of hair. Her hair will grow back fast and she will be happy to do something for those who have lost their hair to the deadly cancer, a resilient Divya convinced her mother when the latter was little apprehensive about chopping her seven-year-old daughter's hair.

The kid with a heart of gold took the decision to chop off her hair when her mother, a principal of Namita Devi B.Ed College, showed her videos of cancer patients who turned bald after undergoing chemotherapy. She didn't trim her hair for the last two years so that she could donate it. The Saint Joseph Secondary High School student is also encouraging her friends to join this initiative.

Applauding Divya, Prangya says "Divya is a vibrant and pretty girl with cascading hair that she was proud of, often tying it in beaded knots. She came to know about the plight of the cancer survivors when the video of actress Rajeswari Ray Mohapatra, a close friend of mine who battles the deadly disease, became viral. She expressed her keen interest to help those who suffered from the disease by donating her hair.



Divya with her mother Prangya posing for a photo-op after donating their hair



Divya and Prangya with actor and cancer survivor Rajeswari Ray Mohapatra (extreme right)

It was shocking for me but I also felt proud of her. Accordingly Action Trust, an organisation that offers free wigs to cancer patients, held a camp where we along with four of my students Amrita Pati, Rajashree Pradhan, Barsha Rani Chhura and Rashmita Sahoo donated our hair. We will have camp next month and are readying six persons for the cause. We parceled the hair parcel to Tata Institute to make wigs for the needy.”

Divya says, “If we chop off our hair, we can get back. But cancer patients who are losing their hair won’t get it back. So, it’s a small step to make them smile. I would love to grow my hair, cut off the locks and donate them for wigs.”

Srestha Mohapatra

“If you have watched a loved one go through cancer treatment, or if you have gone through cancer treatment yourself, you may have felt an urge to give back. There are many ways you can help



Srestha's before hair donation photo

them. Fortunately, donating your hair is a non-monetary way that you can benefit people living with cancer directly”, says Delhi-based Odia girl Srestha Mohapatra who donated her hair in 2018.

Srestha Mohapatra, a software professional, was in shock seeing the massive hair loss of her mother’s close friend after a few sessions of chemotherapy. She decided to donate her hair to the organisation which makes

wigs and distributes them to the cancer patients free of cost.

“We all know that cancer patients lose their hair due to radiation and chemotherapy. But seeing someone close to you losing hair as part of cancer treatment is really difficult. When I saw the condition of my mom’s friend, I could imagine how painful it is for the cancer patients who did not have hair at all due to their ongoing treatment. Besides, buying a wig is a difficult task for poor cancer patients because of its high price. As I was blessed with long hair, I donated it to bring smiles on their faces by cutting 12 inches of my hair. I felt happy inside by doing my bit”, says Srestha adding that some of her friends too follow suit.

Srestha is now nurturing her hair well to donate again.

Bijoylaxmi Kar

Despite being a cancer patient, Bhubaneswar-based social worker Bijoylaxmi Kar donated her hair for other cancer patients in December 2019.

“I saw an advertisement about a beauty salon collecting hair to donate for the cancer patients. Being a survivor, I knew the pain and stigma of untimely hair loss. Fortunately I had long hair, so I went to the salon and cut eight inches of it. I was the first person in the salon to do so. Donating is not a big deal because you can grow your hair again. It’s an effort to motivate women having long hair to do

their bit for cancer patients and build up their confidence”, says the Managing Director of Aarati Finances. Bijoylaxmi has been leading a normal life for the last 12 years after her recovery from acute myeloid leukemia (AML), a type of cancer that starts in the blood-generating cells of the bone marrow.



Bijoylaxmi getting her photo clicked after donating hair



Srestha showing her snipped off ponytail

Criteria for hair donation

- Hair needs to be clean and dry and placed in a braid or ponytail before it is cut. You should not apply any hair products, such as gel, mousse, or hairspray, and the hair should be completely dry before it is packed for shipping.
- Only your natural hair is accepted; no hair extensions, dreadlocks, or wigs.
- Your ponytail or braid needs to be a certain length to be accepted. Curly hair can be pulled straight to make the measurement. Requirements usually range between 8 inches and 14 inches.
- Some organisations accept bleached hair, but highlighted hair is usually not accepted.
- For privacy purposes, donors are not linked up with recipients.
- Most organisations allow you to have your haircut at your regular stylist and then sent to their location.
- Many of these organisations will give you a certificate for donating your hair.

Coping with crisis



SEVERELY HIT BY CORONAVIRUS, WHEN THE WORLD ALMOST CAME TO A STANDSTILL, A FEW VLOGGERS FROM ODISHA MANAGED TO STAY AFLOAT BY ADAPTING THEMSELVES TO THE NEW NORMAL

ARINDAM GANGULY, OP

At a time when the pandemic brought the world economy down to its knees, the vloggers' community in Odisha not only negated its adverse impact, they managed to create livelihood opportunities for others.

A few of them tell **Sunday POST** how they adapted to the new normal and turned the tide in their favour.

Popular food and travel vlogger Rohit Srivastava, said, "Lockdown during the pandemic was tough for everyone and more so for content creators like us. I had no option to visit new places and entertain my audience."

He tried to create content from his home on topics like cooking, storytelling, reviews and a few other genres which he didn't venture into earlier.

"I made a few quarantine vlogs. I did daily vlogging during the first 21 days of the lockdown and shared interesting snippets of my life and it worked. That was a dark phase but I too was determined to fight back."

Another food and travel vlogger, Just Vish, said food vlogging was severely hit due to pandemic as it was not safe to visit street

food joints in crowded locations. "I mostly choose to visit one popular eatery soon after its opening. This ensures that the food is fresh, hot and free from contamination. Being early also ensures there are less people around. Besides, I stay away from places where the food server and cash counter guy is the same person.

"During the lockdown period I decided to experiment with making dishes I love. I created a new channel exclusively for this type of content titled JustVishEATS. I am

happy that the concept was a success."

Biker and travel vlogger Mr. Speed said, "Earlier whenever we used to travel we interacted with fans and the locals which was not possible during the lockdown. So, we had no option but to adapt to the new situation and



Rohit Srivastava



Just Vish



rework on our survival strategies. Fortunately, our hard work paid off and we managed to survive the dark hours."

Travel vlogger and film critic Kalkee Krushna said, "In last few years vlogging has occupied an enormous place in the media industry. People are not only consuming the vlogging content for fun and time pass, but also to gain knowledge. Social media platforms have created some place for all kinds of content creators. People started using their social media accounts to showcase their interest and talent, consequently cooking contents are much in demand. Most of the people learnt cooking from vlog videos. And more than any newspaper or TV channel, online vlogging platforms have given the audience more ground reports on COVID-19."

Food and travel vlogger Asambhava Shubha, Founder of Zaikaana, a food and travel storytelling channel said, "COVID 19 has dragged

us out of our comfort zone and reinvent. If we talk about vlogging or filming, it has opened up opportunities to make use of limited spaces in more creative ways."

There are many who started vlogging during the period of restrictions. Jayanta Rout and his wife started a vlogging channel Mr and Mrs JKR vlogs during the lockdown. Jayanta said, "We were not a daily vlogger, we usually shot when we travelled to any new place, but going out was impossible during the lockdown. So we came up with some funny content like vines and also some vlogs which can be shot inside the house. Yes, it was difficult as we were just starting our vlog at that time. We never focused on the number of views, but on things that can make people laugh. So even with a smaller number of viewers we were creating a weekly vlog during the lockdown."

Even comedians took to vlogging during the lockdown to battle depressions. Humourist Satyabarta Mohapatra said, "Vlogging, for comedians, is relatively easier. It's more like just showing the whole world your real self when you are off-stage. Famous comedians have a dedicated fanbase who want to know more about their lifestyle and what they do in leisure time. So I guess vlogs solved this purpose and helped us overcome depressions when we were idling."



Asambhava Shubha

Tamannaah on her OTT debut

Southern star Tamannaah Bhatia, who makes her OTT debut with the Telugu corporate thriller series *11th Hour*, feels despite language restriction the show has a universal appeal.

"It's a boardroom drama, and it's my first show on OTT. The show is in Telugu language but I think it's extremely universal. I hope, even the audiences who don't understand Telugu but like good shows will watch it," says Tamannaah.

The show is her first offering after she recovered from Covid-19 infection. Talking about her experience of returning after being down with the coronavirus, she says: "It was a super experience. For me it was a bit exhausting because it was right after I got Covid, but I think I used it as fuel and I hope that will be seen in the show."

Other celebrities including Akshay Kumar, Aamir Khan, Alia Bhatt, Ranbir Kapoor, Katrina Kaif, Vicky Kaushal, Govinda, Sanjay Leela Bhansali, Bhumi Pednekar, Ajaz Khan, Shubhangi Atre and Ritwik Bhowmik have been afflicted by the virus so far, and Tamannaah wishes everyone a speedy recovery.

IAN S



Diana's trick to deal with curfews

Actress Diana Penty revealed about her stress buster, when it comes to dealing with lockdown and curfews, along with a throwback image she has posted in dark blue swimwear.

"And this is how I'm taking on curfews, lockdowns and this mad, mad heat... too bad this is a throwback," she wrote with the Instagram image, adding a word of caution: "Stay safe everyone."

The actress announced her Malayalam debut film co-starring Dulqar Salmaan a while back. The untitled project has gone on floor. She will also be seen in Kunal Deshmukh's *Shiddat* alongside Mohit Raina and Radhika Madan.

IAN S



Dia addresses Uttarakhand forest fires

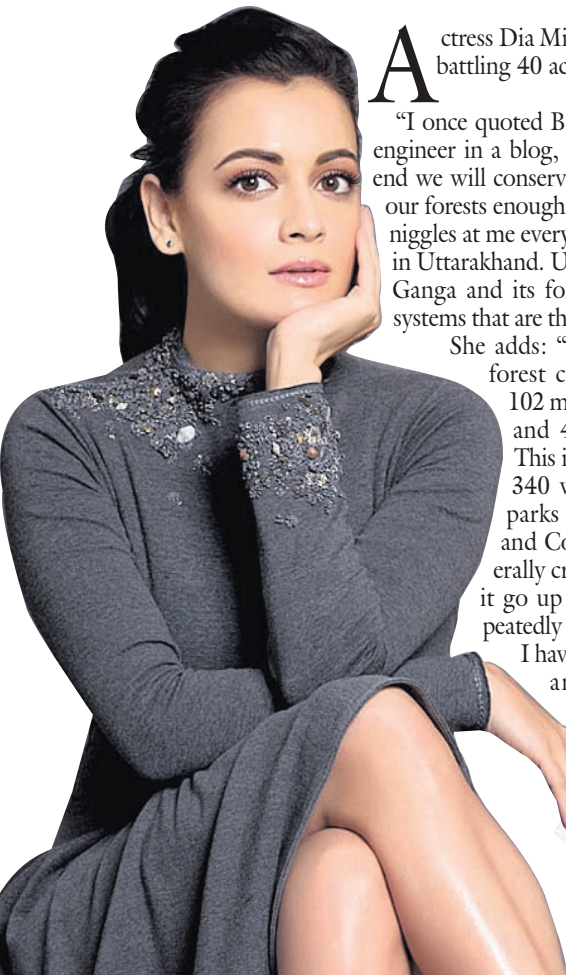
Actress Dia Mirza has spoken about Uttarakhand battling 40 active forest fires.

"I once quoted Baba Dioum, a Senegalese forestry engineer in a blog, the gist of which was that in the end we will conserve only what we love. Do we love our forests enough to protect them is a question that niggles at me every time such devastation takes place in Uttarakhand. Uttarakhand is the birthplace of the Ganga and its forests feed many important river systems that are the life source of millions," said Dia.

She adds: "This is a state with 71 per cent forest cover, over 743 bird species, 102 mammals, 72 species of reptiles and 439 species of butterflies."

This is also home to an estimated 340 wild tigers in two nature parks — Rajaji National Park and Corbett. So, this state literally cradles our future. To see it go up in flames like this repeatedly is very painful because

I have been to these forests and have absorbed their serenity and majesty." IAN S



Amit quits social media

Actor Amit Sadh recently uploaded what will possibly be his last post on Instagram. In the post, he informed fans that he is leaving social media for good. In a long note, the actor said that in these tough times of pandemic, he doesn't feel right about spamming people with trivial posts.

"I am going offline. The recent events have made me reflect on whether I should be posting my pictures and reels. Especially when my city Mumbai and the entire state are under strict Covid restrictions, the whole country is going through a difficult time. I believe my post and reels of gym sessions, the silly things I do, will not heal or entertain anyone. This is not a criticism to anyone. I personally feel the best way to be sensitive about the situation is to pray and hope for the things to get better," he wrote in the post.

In his post he also urged people to

help those who are in need, especially daily wagers.

IAN S





DETOX YOUR HAIR

The most common causes of hair damage are repeated use of chemical hair styling lotions, colouring, dyeing, bleaching and direct heat applications

scalp absorb the oil better. Avoid vigorous massage and rubbing when you apply oil. Keep the oil on overnight and wash hair the next day, using a mild herbal shampoo. Avoid very hot water. After shampoo, wrap a towel around the head and allow it to absorb excess water.

Tea Tree Oil

Tea tree oil is natural antiseptic which eliminates bacteria, flakes and dandruff from scalp. Add few drops of natural tea tree oil in your regular shampoo. Massage in your scalp and leave it for few minutes before rinsing.

Shikakai

Shikakai is known for its deep cleansing properties. Just mix some Shikakai powder with water to form a paste. Massage this onto your scalp gently through the hair length in a circular motion for few minutes and let it dry naturally; Rinse off with fresh water.

Kitchen essentials for hair detox

Baking Soda

You can use baking soda for hair detox. Sodium bicarbonate is an extraordinary cleanser and a great exfoliate that gently removes product buildup. Mix half cup baking soda in 3 cup hot water and massage your scalp with mixture for a few minutes and later on rinse it out. It will remove oil accumulation on scalp and fight dandruff. You can use it once in a week.

Apple Cider Vinegar

The apple cider vinegar helps wipe out product residue and oil while adding shine. As a home remedy mix 2 tablespoons apple cider vinegar to a mug of water cup. Shampoo and condition your hair as usual and then pour the diluted apple cider vinegar on your hair and do not rinse. You can use it once a week.

Sea Salt

You can also detox your hair through sea salt. Mix two parts of sea salt with one part shampoo and apply it on your hair till it creates good lather. Rinse it off with cool water and you will get rid of dead skin. You can use this once a month.

Fruit Consumption

Intake of seasonal fruit and vegetables promotes digestion and cleans digestive tract facilitating proper absorption of minerals, vitamins that keeps out skin healthy and radiant. You can add amla, aloe vera, cow ghee and beetroot in your diet for naturally detoxifying your hair.

After shampoo, condition the hair with hair conditioner lotion. If there is dandruff, use anti-dandruff herbal hair rinse. For oily and limp hair, apply a hair pack once a week. These packs cleanse, condition and rejuvenate the hair. They also repair hair damage and restore health to the hair.

Hair conditioners, rinses and serums help to soften the hair and add shine. They also coat the hair and help to protect it. They also remove toxins and purify the hair and scalp. Have herb and spice teas to detox. Internal good health revives the hair. Add spices like ginger, cardamom, cinnamon and pepper to tea.

If you have a detox program from time to time, you can restore the health and beauty of the hair. Also, the hair is like a delicate fabric, so learn to treat it that way.

Detoxing your scalp will rejuvenate and renew the hair follicles and create a perfect environment for hair growth as healthy and clean scalp is the key to thick, shiny, gorgeous hair.



We spend so much time and energy to protect outward skin beauty on a daily basis but not enough on cleaning, purging, re-energising our hair to maintain their shining and health.

Regularly washing of hair is not enough to keep it clean. Shampooing alone does not cleanse your scalp deep enough to get rid of pollutant and dirt. A thorough cleansing of scalp with natural ingredients can revive your pretty, shiny hair and restore back hair health and lustre.

The most common causes of hair damage are repeated use of chemical hair styling lotions, or colouring, dyeing, bleaching and direct heat applications. The chemical lotions disrupt the normal acid-alkaline balance of the scalp and leave it prone to problems. Damaged hair means that it is time to detox.

First of all, discontinue the procedures that lead to damage.

Damaged hair is in a fragile condition, so treat it gently. Avoid brushes and use a wide toothed comb with smooth edges. To heal damaged hair, have detox treatments

to help nurse the hair back to good health. First of all, have the hair trimmed to remove split ends. Then start with warm oil therapy. Mix one part castor oil with two parts coconut oil. Heat and apply on the hair. Remember to apply on the ends too. Then dip a towel in hot water, squeeze out the water and wrap the hot towel around the head, like a turban. Keep it on for five minutes. Repeat the hot towel wrap 3 or 4 times. This helps the hair and



SHAHNAZ HUSAIN



Madhu

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