

MAY 16-22, 2021

SUNDAY POST

HERE . NOW



Friends in need

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COVER STORY



ACTOR SAILENDRA KUMAR SAMANTRAY, WHO IS SET TO WOW THE AUDIENCE IN HIS UPCOMING MOVIES LIKE TU MORA SATHI RE 2, GUPCHUP AND PREM RE RISK HELA MOTE ISHQ, LOVES TO SPEND TIME WITH HIS FAMILY WHEN HE GETS A BREAK FROM SHOOTING



Hang out with buddies

Going for a long drive with friends on the Puri-Konark marine route is my favourite pastime. That apart, sometimes we go trekking and have fun.

Music session

Being a singer, I am passionate about music. Every Sunday, I sit for hours to compose some new songs and try to improvise some old compositions

Family time

Spending time with family is what I like the most when I am not working. I watch movies with my dad, mom and brother. Besides, I enjoy chicken biryani cooked by mom on holidays.

Strength training

Hitting the gym is a must on holidays and Sundays are no exceptions. I prefer to pump iron to build my muscles and get a chiseled physique to look good on screen.



With his family

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

- Politicians and diapers have one thing in common. They should both be changed regularly, and for the same reason.
- Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.
- We never really grow up, we only learn how to act in public.
- Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.

THOROUGH OBSERVATIONS

Dear Sir, Among the last five issues, the one on legendary bilingual writer Manoj Das (May2) was simply outstanding— truly a collector's item. The cover story, the train odyssey and the benefits of ancient Indian rituals made for an excellent Sunday read. The memes published on Page 2 are really humorous. The same spirit was, however, lacking in the other issues. My observation is that there is no need for the column 'Tinsel Town' on Page 6, when similar celluloid news appears on Page 2 under 'Leisure'. I suggest if an exclusive 'Kids' Corner' disseminating useful information, carrying their articles/sketches/stories and comic strips can be introduced, it should prove popular with the tiny tots. Similarly, the last page carrying pictures of nubile models is wastage of space. I earnestly hope that these suggestions are taken in the right spirit so that 'Sunday POST' attracts greater number of readers to its fold in the coming days.

AMIT BANERJEE , NEW DELHI

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
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Friends in need

At a time when people refuse to recognise the bodies of their family members fearing Covid infection, a bunch of youths has joined hands to honour the dead

RASHMI REKHA DAS, OP

The ongoing pandemic is not only claiming thousands of lives every day in India at the moment, it has put the very fabric of our society at risk. With uncertainties and misinformation driving people's mindset, all are in a race to save their own lives. So much so, that there are quite a few instances when people refuse to recognise even their own family members when they succumb to dreaded Covid-19.

Last week a family brought the body of an elderly person to Satya Nagar crematorium in Bhubaneswar. Leave alone performing the basic death rituals like giving shoulders to the body or 'mukhagni', the members disappeared from the scene quickly abandoning the body outside the crematorium.

At a time when people disown the bodies of their family members fearing Covid infection, a bunch of youths has joined hands to honour the dead.

Every time someone dies by Covid in Bhubaneswar or on its outskirts, Prakash Naik and his associates, who can be seen round the clock at Satya Nagar crematorium, invariably carry out a decent cremation. **Sunday POST** talks to these 'Friends in need' who have been performing the last rituals of Covid victims since the virus wreaked havoc in Bhubaneswar.

People who cremate bodies are known for their toughness and they show little or no emotions. But 24-year-old Prakash is a little different. He says, "I am not the kind of person who breaks down easily. But carrying out cremations of kids and very young people often makes me cry. At times, the crematorium gets so overwhelmed that people have to wait for hours or a day to cremate their kin. I have been doing this since 2016. When the pandemic broke out last year, I did not retreat knowing well that I may also contract the deadly virus."

Till last month, the crematorium saw hardly one or two bodies of Covid victims in a week. But it has gone up to 10 in first two weeks of May, reveals Prakash.

This is such a torrid times that even the family members refuse to touch the body of Covid victims. Similarly, many others who were previously in this profession have switched to other jobs fearing for their life. While the situation

is worsening by the day what made him and his team to offer their services? To this query, Prakash asks, "What if the doctors would decline to perform their duty because of fear? When I stepped out to cremate the body by wearing PPE kit, gloves and mask for the first time, my family was worried but I was not scared. Because I knew I had opted for a noble job when many in this profession preferred to give up this job. We don't earn much money from this, we consider it as service to the mankind. My friends and I always try to give due honour to the dead persons that they deserve."

He continues: "Cremating bodies is not a big deal but I never imagined that a time will come when a son would run away from giving 'mukhagni' to his father. I fail to hold my tears when bodies of kids and very young people are brought for cremation."

Sharing a heart wrenching incident, Prakash says, "A 40-year-old woman from Balugaon came alone to cremate her mother's body. She was the only child of her parents and not sure whether her mother's body would be cremated properly. She thanked us after seeing our commitment to the profession and said 'God didn't bless me a brother because you were destined to play that role after my mother's death. Those were poignant moments and are still ringing in my ears.'"



Prakash gears up to carry out a cremation



Bereaved family members waiting outside Satya Nagar crematorium



Apart from Prakash, his teammates Tapan Naik, Ranjan Pradhan, Riki Naik, Abhimanyu Naik, Raja Das, Biki Naik and Goutam Naik are also into this service. Though they are neither tasked by the Bhubaneswar Municipal Corporation nor do they get financial assistance from the agency, they carry out the cremations selflessly on humanitarian ground, reveals Prakash.

Hailing from Banki, Tapan Naik, an auto rickshaw driver says, "Since childhood I wanted to do something for the society. I

would often take the needy to hospital and do the needful. As I am not financially sound, I cannot solely depend on social service to run my family. But the pandemic offered me an opportunity to render my services to the people in distress. One day, Prakash Bhai came to me and asked me to join him. Since then I have been assisting him whenever I get an opportunity."

Ranjan Pradhan used to work under a street food seller near Big Bazaar. He joined Prakash after becoming jobless due to lockdown. He says, "My parents used to

help patients at hospitals even as ours is a lower-middle class family. So, I got inspired by them. During one my accidental visits to Satya Nagar crematorium, I was impressed by Prakash Bhai's selfless act and wanted to join him as I didn't have a job. I am

completely into cremating the Covid victims. I really feel blessed to do this service to mankind."

Abhimanyu Naik used to be a housekeeper. Inspired by Riki and Ranjan, he joined Prakash for the noble cause. "I believe in the adage 'service to mankind is service to God'. I do not have iota of fear of getting infected by the deadly disease while carrying out cremations," he said.

About the surge in Covid cases, he says, "There was a lull period in January and February with a lower number of Covid deaths, but now in the last three weeks it is overflowing. Most Covid victims' bodies are being burnt in open crematoria using firewood."

Raja Das was unemployed for which Prakash asked him to join him. Recently, Raja got an offer to work from a company. But he wanted to be with Prakash and serve mankind. "Serving mankind is serving God. When family members of a deceased Covid patient bless me for cremating the body of their dear ones with care



One of Prakash's teammates at work

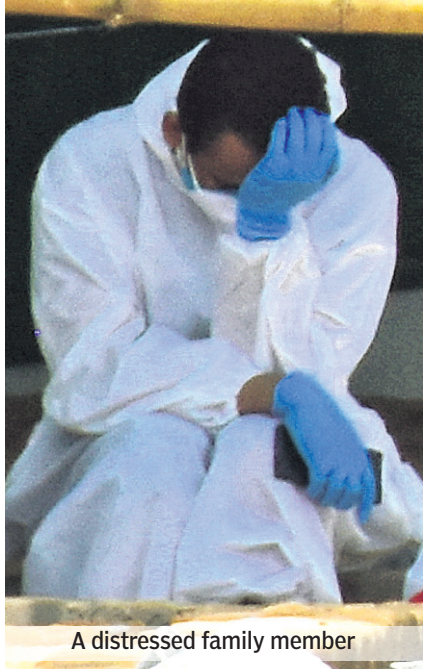


Family members carrying 'Asthi' with them

quite happy for what I am doing now."

Prakash's relative Gautam Naik, sharing his feeling when he first cremated a Covid body, says, "The first time we received the body of a Covid victim, I refused to be part of the process. Left with no choice, Prakash had to do it all alone. Soon, I realised that we are made of dust, and will merged to it one day. After that I stopped fearing for my life. I joined Prakash to help out the needy. I know that chance of contracting the virus is always there. But I am no longer afraid to die. Working with the dead bodies has taught me that no matter who you are, you will exit empty-handed."

Athgarh-based Riki Naik was working as a peon at a private company. After the company faced closure due to outbreak of Covid in 2020, he was looking for a job. He approached Prakash to let him join his team. "After I lost job, I have been



A distressed family member

and honour, it really fills my heart with gratitude."

When Prakash is asked about remuneration he provides to his friends, Prakash says, "They provide the service on humanitarian ground not for the sake of money. Of course, I help them financially whenever they are in distress. And when a family of deceased wants to give something to us, we distribute among ourselves equally.



Summer skin care tips

There are many natural ingredients found in our kitchen shelves which are not only safer than chemical bleaches, they also benefit the skin in various ways

As the weather gets warmer and humidity increases in the environment, the skin suffers from roughness, summer tans, and clog pores because of dust, pollution, and heatwaves. This can lead to blackheads, itchiness, and loss of your beautiful skin tone. If you're looking to whiten, lighten or brighten your complexion during the summer season, then look no further than your kitchen shelves. Because that's where you'll find most of the ingredients that help improve the texture of your skin.

There are many natural ingredients that we find on our kitchen shelves that help to lighten skin color, like almonds, turmeric, yogurt, buttermilk, tomato, cucumber, fruits, etc. These are safer than chemical bleaches and actually benefit the skin in other ways. For example, cucumber also tightens the pores, while turmeric is a natural antiseptic and skin softener. Tomato lightens skin colour and helps oily skin. Yogurt and buttermilk also help to nourish and soften the skin. Such ingredients keep the skin healthy and preserve its youthful properties. Grainy substances like ground almonds, rice flour, walnut powder, or oats can be used in masks and scrubs. They help to remove dead skin cells along with their contained pigment. Fruit packs also help, as the fruit acids lighten skin colour over a period. The fruits can be mixed with yogurt and lemon to make them more effective. Aloe vera also helps to lighten skin color over a period of time.

Here are some ways to lighten skin colour at home:

Add a few strands of saffron (Kesar) to warm milk and let it stand for a couple of hours. Then apply it to the skin, using cotton wool. It is said to lighten skin

colour over a period of time.

Add a pinch of turmeric (Haldi) to curd and apply daily. Wash it off after 20 to 30 minutes. You can also mix dried and powdered lemon peel with it.

Mix lemon juice and cucumber juice in equal quantities and apply daily for 20 minutes. Wash off with plain water.

Mix cucumber and ripe papaya pulp with curd. Lemon juice can also be added. Apply on face and neck, twice a week and wash it off after half an hour. If you want it to be like a face pack, add oatmeal.

For oily skin, mix Multani mitti with rose water and lemon juice into a paste, and apply on the face. Wash it off when it is dry.

Mix ground almonds with curd and a pinch of turmeric.

Apply on the face. After 20 minutes, rub gently on the skin and wash it off with water.

Aloe Vera can be added to face masks to nourish the skin. Take one tablespoon gram flour (besan), two teaspoons yogurt, and one tablespoon aloe vera gel. Mix together and apply on the skin, washing off after 30 minutes.

Add a little turmeric to gram flour and aloe vera into a paste and apply daily. Wash it off after 20 to 30 minutes.

Three teaspoons aloe vera gel or juice can be mixed with three teaspoons powdered milk. Put the ingredients in a blender, for a

smooth paste. Apply on face and neck and rinse off with water after half an hour. This suits normal to dry skin.

For normal to oily skin, mix one teaspoon of each cucumber juice, ripe papaya pulp, and aloe vera gel with two teaspoons oats. Lemon juice can also be added.

Apply on face and neck, twice a week. Wash it off after half an hour.

Mix together two teaspoons aloe vera gel, a little milk, and rose water, with dried and powdered lemon peels into a paste. Apply two or three times a week on the face and neck. Wash it off after 20 minutes.

Keep hydrated

Hydration is always important for our skin. Your water intake in summer should be a minimum of 2-3 litres a day. Coconut water, watermelons, and fresh juices are a good way to stay hydrated. Include salads and vegetables like cucumber and lettuce in your food – this helps the body stay cool from within. Seasonal fruits like watermelons, musk melons; citrus fruits, and juices also help keep the skin healthy. Hydration can also help skin recover after a sunburn and will help wash out a lot of toxins.



Exfoliate regularly for smoother skin

The ground rule of basic skincare is to exfoliate your skin. Exfoliation is the key to brighter and smoother skin. Use a face scrub at least twice a week to remove excess dirt and oil from the skin. Exfoliate with a natural home remedy, like coffee grounds mixed with oil and sea salt.

Grab a body scrub and hit the shower. Gently rub your exfoliator in circular movements on your entire body from the shoulders down and rinse clean. Continue to do this 2-3 times a week for year-round beautiful skin. Always keep in mind that exfoliation is required for your entire body and not just your face. You should, however, make sure to be gentle while exfoliating your skin.



SHAHNAZ HUSAIN



ZAREEN ON PLAYING GAY CHARACTER

Zareen Khan plays a homosexual woman in the recently released film *Hum Bhi Akele Tum Bhi Akele*. While makers were sceptical to cast her in the role initially, the actress says it is not the first time that she has faced such a situation. "It is not the first time that people have been sceptical to cast me in their film if it is a non-glamorous role. They

have this whole thing because of all the previous work that I had done. This was not the first time that people were sceptical," Zareen said. "But, yes, I was asked for an audition and I was more than happy to give because if a person does not know if I would be able to pull off this character. They loved the auditions and I was a part of this film," she added. This is the first time Zareen was seen playing a lesbian on screen.

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'Playing stand-up comedian is tough'

Had everything worked out as planned, Pooja Hegde would have displayed her skills as a stand-up comedian. No, the actress was not planning on appearing on a show or conducting a session for a live audience. Pooja plays stand-up comedian Vibha in the Telugu film, *Most Eligible Bachelor*.

Reportedly, the romantic comedy, written and directed by Bhaskar, was cast after the makers auditioned about 100 actresses and models for the two female central characters. Talking about her prep for the part, Pooja, who will be seen in Rohit Shetty's *Cirkus*, Prabhas' *Radhe Shyam* and a few other films across Hindi, Tamil and Telugu, says, "It is so tough to play a stand-up comedian on camera because normally, comedians have a set to perform for an hour which they have practiced and rehearsed over a period. In the film, one had to build the joke and the punch lines to encapsulate the essence of a stand-up comedy show."

Most Eligible Bachelor went on floors in July 2019.

AGENCIES

Rakul's fundraiser for Covid-hit

Actress Rakul Preet Singh has announced a fundraising campaign to help Covid patients in the country. She is urging people to contribute, so that they can aid the provision of oxygen supply through oxygen concentrators and cylinders and their refilling, besides life-saving equipment.

"It is devastating to see the current plight of our country. Every day we hear heartbreaking stories of people struggling and fighting their battles due to the scarcity of oxygen, beds, medications and a lot more.

Through this fundraiser with Give India, our aim is

to provide support and relief at a ground level with the supplies of oxygen and life-saving equipment," she said.

Rakul Preet urged people to contribute and says that even small amounts will go a long way. "All we are requesting is for Rs 100 and welcoming more if people can. But a contribution of Rs 100 will go a long way. So, in these trying times when we are feeling helpless, I request everyone to do their bit," she says.



Sunny preps for Adipurush

Actor Sunny Singh is all set for his upcoming pan-India film *Adipurush* helmed by Om Raut. Making most of his time at home during the ongoing lockdown due to COVID-19, the actor is keeping himself busy while preparing for his character in the film.

Essaying the role of Laxman in *Adipurush* that requires him to maintain a chiselled physique, he said, "I have been working out twice a day because they want me to be a little muscular and there is a requirement of size gain for the character. So with the help of my trainers, the current workout routine which I have been following is weight training with a combination of functional training."

"Unfortunately, owing to the pandemic while we are not shooting, I still have to follow the workout and fitness regime to maintain the physique for the character so that I am in the required shape when we resume the shoot" he signed off.

Adipurush will also star South superstar Prabhas, Kriti Sanon and Saif Ali Khan.

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ADULT IMMUNISATION MYTHS PREVAIL AS A RESULT OF INADEQUATE AWARENESS, LACK OF AN ESTABLISHED BODY OF OFFICIAL RECOMMENDATIONS AND VACCINE HESITANCY, WHICH CONTRIBUTE TO REDUCED VACCINE COVERAGE ACROSS INDIA

Adult immunisation: Myth vs reality

While vaccinations remain the most effective prevention strategy to maintain immunity for a prolonged period, adult immunisation remains neglected.

Adult immunisation myths prevail as a result of inadequate awareness, lack of an established body of official recommendations and vaccine hesitancy, which contribute to reduced vaccine coverage across India. For instance, there are rising incidences of typhoid cases in India, despite the availability of vaccines and being universally recommended. This suggests adults need to be aware of immunisation as a preventive solution to effectively make use of it.

The first-ever adult immunisation recommendations by the Association of Physicians of India highlights the clear need for adult immunisation in India.

Nirmal Kumar Ganguly, Former Director General, Indian Council of Medical Research (ICMR), said, "There is potential to increase adult immunisation coverage in India. To develop these evidence-based recommendations, we convened a panel of healthcare experts across speciality practices, ranging from Cardiology, to Pulmonology, Gynaecology to Nephrology. The result is a comprehensive body of knowledge outlining best practices and reliable information on adult immunisation in India. Through these recommendations, we hope to drive a paradigm shift to ensure adult vaccinations are increasingly suggested and adopted."

While vaccinations prevent infectious diseases, prolong and improve quality of life, emphasis on adult immunisation is low. The

recommendations by the API will help increase the awareness and equip healthcare practitioners with evidence-based information to guide vaccine recommendation and administration.

It is important to stay informed and clear up common misconceptions around vaccines, so you can make the most of your immunisation conversation with your doctor.

Here are five common vaccine myths, and the facts one should know to address them.

Myth 1: Vaccines are for children

Fact: Vaccinations are recommended across various stages of life. As protective effects of childhood vaccines wear off over time, it is vital to remain up to date on booster shots. Rapid globalisation and increased frequency of international travel have raised the likelihood of adults contracting vaccine-preventable diseases, including influenza, Hepatitis A and B and more. These can lead to higher disease burden in adults, exacerbate comorbidities and are associated with higher rates of mortality in adults.

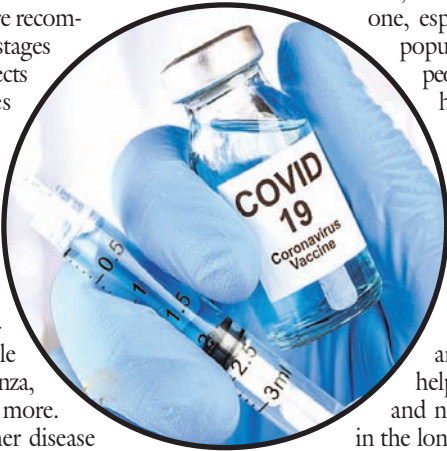
There are vaccines you should take as an adult even if you didn't take them as a child, like the Diphtheria, Tetanus, Pertussis (DPT) vaccine, which is a booster shot

recommended once every 10 years.

Myth 2: Not all adults need vaccines

Fact: Vaccinations are an important public health strategy across the population, including healthy adults, and many vaccines are universally recommended. These include vaccines for influenza, typhoid and Hepatitis A and B, which have resulted in seasonal epidemics across India.

There is also an increased need for certain vaccines, such as the Hepatitis B one, especially among at-risk populations, which include people with comorbidities, healthcare providers, geriatrics and pregnant women.



Myth 3: Vaccines cause unnecessary hassle and make people sick

Fact: Vaccinations are beneficial and can help avoid disease burden and negative complications in the long run, thus leading to better health outcomes so you can live a fuller, hassle-free life. Moreover, vaccines don't cause illness but short-lived side effects, including low-grade fever, aches or soreness, which are nothing to worry about -- in fact, it is the result of the body building an immune response to the vaccine.

Myth 4: It's better to get the flu naturally instead of taking a vaccine, which will weaken the immune system.

Fact: Being exposed to the flu naturally means exposing yourself to a potentially serious disease with moderate to severe symptoms including fever, joint pain and cough among others. This can prompt worrying complications or even progress to pneumonia, respiratory failure or even morbidity, particularly for those at high-risk. Vaccination is a far safer option to protect yourself against preventable diseases and in fact, strengthens your immune system.

Myth 5: If the influenza vaccine was taken last year, no need to take again

Fact: Influenza viruses are constantly changing and so, WHO identifies and provides latest strain recommendations annually. Getting vaccinated every year is thus important to ensure optimal, sustained protection against rapidly adapting influenza viruses. This is vital especially considering in India where we have had pandemic outbreaks of influenza in various states, including Rajasthan, Maharashtra and Gujarat, in 2012, 2015 and 2017. Get your flu shot annually to keep yourself protected.

What next: Get your vaccine checklist in place. Consult your doctor for more myth-busting, in-depth information so you can set a vaccination schedule in place and keep your health in check!



Arpita



PHOTO: KUMAR SHARAT, OP