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SUNDAY POST

HERE . NOW



UNSUNG WARRIORS

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COVER STORY



ANKIT MOHANTY WHO IS POPULARLY KNOWN AS RONNY IN ODIA ALBUM INDUSTRY LOVES TO CATCH UP WITH HIS OLD FRIENDS TO RELIVE THE GOOD OLD DAYS



Rest day

Despite being a fitness enthusiast, I prefer to stay away from strength training on Sundays to feel refreshed and energetic on other weekdays. But I routinely practice the postures of Surya Namaskar

Me time

With restrictions in place, I catch up with my old pals through video calls to relive the good old days. Besides, I love to pamper dog Simba, my four-legged son, to de-stress myself.

Expert chef

I never believe that cooking is a woman's job. So, I make my mom take a break on Sundays and treat her with dishes cooked by me.

Movie buff

My elder brother Buddhadya Mohanty, a popular actor always asks me to watch movies to sharpen my acting skill. So, I love to watch some select films of Vinod Khanna, Feroz Khan and Shah Rukh Khan on Sundays.

Avid reader

I read a lot when I am free. Reading Filmfare and a few fitness magazines is a must on my Sunday's to do list.



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

- War does not determine who is right - only who is left.
- Knowledge is knowing a tomato is a fruit; Wisdom is not putting it in a fruit salad.
- The early bird might get the worm, but the second mouse gets the cheese.
- I want to die peacefully in my sleep, like my grandfather.. Not screaming and yelling like the passengers in his car.

SELFLESS WORK

Dear Sir, I was moved and overwhelmed after reading the cover story 'Friends in Need' published in the last edition of Sunday POST. The initiatives taken by a group of youths in honouring the dead is simply outstanding when family members refuse to recognise the dead person or simply abandon the bodies fearing Covid infections. The noble initiative taken by these youths without expectation of any pecuniary gain or appreciation is praiseworthy. People who cremate bodies are known for their toughness and they show little or no emotions. But this group of youths is a little different. Their act of kindness is seen by all and I pray God to bless them with his choicest blessings for their selfless work.

SURYAKANT DHIR , CUTTACK

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

When the entire nation is in the grip of Covid's second wave, these delivery boys have become as important as the frontline health service providers

UNSUNG WARRIORS



RASHMI REKHA DAS, OP

Amid the state-wide lockdown when people are cooped up in their homes, there are some of them who constantly expose themselves to the dreaded coronavirus to bring ease in the lives of others. Neither do they feature in the list of government's list of Covid warriors, nor do the companies which they work for protect them with big life/health insurance plans.

Yes, they are the delivery boys of several app-based online services who put in more than 12 hours a day to drop essential goods at our doorstep risking their lives during these challenging times.

When the entire nation is in the grip of second wave of the ongoing pandemic, these delivery boys have become as important as the health care providers who are on the frontline duty. They reach us with medicines, groceries and other essentials shouldering

their outsized bags and driving around the city. Knowing well that they are exposed to the virus risks, many are stepping out because more and more people are depending on doorstep deliveries of food, grocery items and health care essentials and of course to meet the necessities in life.

Sunday POST talks to a few delivery boys to ascertain their fears, hopes and concerns.

Chittaranjan Satpathy, who works with restaurant aggregator and food delivery company Zomato, says, "My father is a priest at Brahmagiri and his earnings were inadequate to meet our family needs. So, being the eldest sibling, I did my bit to give him some comfort. After doing my B.A. I



joined this company. It is definitely challenging to work during Corona times. Meeting 20-odd people every day not knowing their health status involves risks.

But I can't quit the job for two reasons. First, I can't afford to sit idle at home. And the other thing is there are a lot of people who depend on door delivery during such difficult times. So, I feel I am part of the team of Covid warriors who offer their services to the needy. However, I make sure to get myself tested if I feel unwell or I suspect that I have some Covid-19 symptoms. I will never like to be a spreader of the disease."

The behaviour of the customers sometimes irritates Chittaranjan. "Despite knowing well about the current situation, they often make us wait for long time to collect their parcels and behave rudely. That's not all. They give negative ratings which leads to a pay cut. I suffer a deduction of Rs 500 from my salary for a delayed delivery. We treat customers as god, they should at least treat us as human beings, isn't it," he rues.



Delivery boys checking location details



Beating the scorching heat, a youth pedalling his way to deliver parcels in Bhubaneswar

Hailing from Nayagarh Santosh Kumar Nayak has been associated with a courier service company for the last two years. He says, "Being the only bread earner of my family, I can't afford to stay at home to stay safe."

There are chances of catching the virus but as a spiritual individual I have left it to the Almighty. I believe he will take care of all of us."

Though he does his duty with all sincerity, he too is not happy with the attitudes of some customers. "It annoys me when customers do not receive my calls and make me wait unnecessarily. They should understand the fact that we too are human beings. When it comes to Covid-19, our contribution is nothing compared to efforts of frontline workers like police and media persons who are working round-the-clock. We had been working without any protection for a long time. Recently, our company has extended the health insurance coverage to the delivery boys and executives realising the risks involved. But I don't get panicked by the Corona menace because someone or the other has to chip in to do the job."

Chetan Lenka, a resident of Jagatsinghpur, rejoined food delivery platform Swiggy two months back after taking a break of some days due to personal reasons. He says, "There are chances of getting infected by Covid, but who is going to provide us two square meals a day if we stop working. Though my parents have asked me several times not to venture out during the pandemic and requested me to come back to the village, I couldn't afford that 'luxury'. I am not afraid of Corona because I know it kills those



who are scared. Our company is providing life insurance coverage of ₹one lakh to its employees."

Asked about the precautions he takes, Chetan adds: "At several housing societies, we need to write down our names and mobile numbers at the entrance. This is not a safe practice as many people would have used them before without following the protocol.

So, I make sure to wash my clothes and take a bath every day before entering home. I also gargle with salt and turmeric water and inhale steam daily as part of measures to keep the infection at bay."

Nirmal Kumar Behera, a delivery boy at Swiggy, says, "According to our company's policy, we have been following WHO's guidelines while delivering essentials. Ever since the imposition of lockdown, there has been a spike in the number of online orders. Though I carry a hand sanitiser and never remove my face mask, the fear of contracting the virus is always there. Even as my family members are worried about me, I have no



choice but to do the job for our sustenance. Besides, I consider it as a service to reach out to the needy. Apart from working to earn my livelihood, I distribute food among destitutes and feed stray dogs at night. ."

Balaji Mishra is a Nayagarh resident but resides in Bhubaneswar after joining Zomato. He says, "My work hours remain the same as it was in pre-Covid times. Covid is there and will be there. There will be no point in stopping working due to Covid fear. I find it really bad when people who tested positive hide it from delivery boys. But if we have to deliver food at Covid homes, we place the packets near the door and click a picture and send it to the customer. That's our no-contact delivery. As I am yet to take the job, fear of infections is always there. I used to get 9-10 orders per day which doubled during the lockdown."



Representative image



A group waiting to pick up their parcels near a food joint in Bhubaneswar

Busting male fertility myths



STUDIES SUGGEST THAT TWO-THIRDS OF MALES WITH FERTILITY ISSUES HAVE LOW SPERM COUNT OR IMPAIRED SPERM QUALITY

AGENCIES

Over the last three to four decades, average sperm count in men as well as sperm quality, have declined alarmingly on a global scale. One out of 20 men, at present, are facing different fertility challenges. The growing numbers can be accredited to the exposure to environmental chemicals that disrupt ones endocrine balance.

What do the numbers say?

Dr. Shweta Goswami, Associate Director-Fertility, Cloudnine Group of Hospitals, Noida says: "One out of six couples who are trying to conceive are not able to achieve pregnancy naturally and are diagnosed with infertility. In fact, an article on male infertility, published in The Lancet December 10, 2020, clearly suggests that infertility affects 12% of couples globally, with a male factor being a primary or contributing cause in approximately 50% of couples."

Impact of the current pandemic

Ever since the first case of the pandemic was reported in 2019, experts all across the globe have been thriving seamlessly to explicate the unknowns of the deadly virus, Covid-19. While many new facts have come to light, studies are

still going on to find out more about the virus and its side effects. Mounting evidence has pointed towards the negative impact of the virus on male infertility. A study suggests that the human reproductive system may be potentially vulnerable to COVID-19 infection and the same can lead to significant impairments in semen volume, progressive motility, sperm morphology, sperm concentration and the number of spermatozoa.

Here are a few myths and misconceptions related to male infertility that need to be busted:

Myth 2 - Only women need to take care of their health when it comes to planning for pregnancy.

This is completely false as the quality of the sperm is as important as the quality of the egg. There are various factors that can affect the quality of the sperm which include excessive smoking, drinking, substance abuse, exposure to harmful chemicals, wearing tight fitted underwears and sexually transmitted diseases. As most of the problems concerning male infertility are related to sperm, it is extremely important to incorporate



Myth 1 - Infertility is a female problem and males have nothing to do with it

This common myth prevailed in our society for a very long time. In fact, there are still people out there who believe that infertility is only related to females. It is important to understand that infertility is not a gender-specific problem and can affect both females as well as males. Male infertility predominantly depends upon the quality and quantity of the sperm. Studies suggest that two-thirds of the males with fertility issues have found to have low sperm count or impaired sperm quality. Rest can be contributed to problems in the male reproductive tract, genetic conditions, hormonal imbalance and other factors.

healthy habits into your daily routine.

Myth 3 - Men can have children as long as they live

No doubt males do not have a fertility window like females but this does not mean that they can impregnate their partner anytime they want. Although it is possible for some males to have children in their 60s, the time taken for or achieving the pregnancy is considerably longer than males who are below 35 years of age. This happens because sperm quality is likely to decrease after a certain age. It is also important to note that the chances of miscarriage and premature birth are higher when the man is older. Not only this, if you are planning a pregnancy after crossing 40 years of age, the child is quite likely to have genetic, chromosomal and developmental defects.

When Deepika planned to have three kids

Deepika Padukone has shot down questions about extending her family with kids each time they have come up. However, in 2013, the actress had opened up about her 10-year plan where she hoped she would have a happy family with three kids whom she will take along on shoots.

Deepika had reportedly said that if not for an actor, she doesn't know what she would have been doing. However, the actress also hoped she would be having a happy family with three kids whom she would take along on shoots.

The actress, who is today happily married to Ranveer Singh, told a magazine earlier in an interview that her sister and she had working parents who despite their work commitments were able to give them time. The actress hoped that when she starts a family with Ranveer, they too would be able to give their kids the same.

Meanwhile, on the work front, Deepika has her kitty full of some very interesting films. She will next be seen in Kabir Khan's 83 which she is also co-producing. Apart from this, she also has *Pathan* co-starring Shah Rukh Khan and John Abraham. She is also a part of Shakun Batra's untitled next with Ananya Panday and Siddhant Chaturvedi. AGENCIES



POOJA

immerses herself with scripts during lockdown

Pooja Hegde, who recently recovered from COVID, is locked up at home immersed in scripts. The actress is trying to stay busy with her professional commitments. A source close to the actress shares, "Pooja has been reading a lot of new scripts in this lockdown along with the scripts of all her films in progress to stay in touch with her characters."

Amid this the actress has also adopted a fitness routine. "She is also doing yoga everyday to stay healthy. It helped her a lot when she had the virus so she is making sure to continue doing it as part of her post-Covid care as well," adds the source. When Pooja was down with the virus, the actress indulged in meditation, breathing exercises and books to keep a positive frame of mind. She has recently shared

a video, enlightening her followers about the right way to use an oximeter. AGENCIES



Bipasha urges everyone to get vaccinated

Bipasha Basu took to her Instagram story to share a video with her fans where she urges everyone to get vaccinated against COVID-19. According to the actress, these are testing times and we need to fight this pandemic together.

In the video, Bipasha says, "These are testing times and we need to fight this together. To fight the current state of chaos, we need to get vaccinated immediately. Vaccines are safe. They not only help us and our family but the community at large."

Bipasha might be away from the silver screen but she makes sure she keeps her fans entertained and updated through her social media handles. She is often seen sharing stunning pictures of herself and her husband Karan Singh Grover with her fans on Instagram and they just cannot have enough of the gorgeous diva.

On the work front, she was last seen in *Alone* with her husband Karan Singh Grover. AGENCIES



Jr NTR reveals his look in RRR

Telugu superstar Jr NTR revealed the look of his character Komaram Bheem in SS Rajamouli's upcoming film *RRR*. The actor shared the look with fans on the occasion of his birthday recently.

"He's a rebel full of heart. It's been a pleasure to play this intense role and I am happy to introduce to you all one of my biggest challenges so far. #KomaramBheem from #RRRmovie," he captioned the image.

In the picture, Jr NTR as Komaram Bheem leaps above a stormy sea, spear in hand

and ready to charge.

The film also stars Ram Charan, Alia Bhatt and Ajay Devgn in leading roles. The cast along with the director uploaded Jr NTR's look on their respective social media accounts. IANS



Quick & Easy



PANEER TAKA TAK

Ingredients

- Paneer cubes: 250 gms
- Tomatoes: 4-5
- Garlic: 10-12 pods
- Green chilli: 2-3
- Red chilli - 2-3
- Kasoori methi: 1 tsp
- Garam masala: 1 tsp
- Capsicum - 1-2
- Salt according to taste
- Cubed onions: 2

Procedure

Blend tomatoes, garlic and green chillies in a blender. Heat oil in a wok and add 2 tbsp of oil. Add the blended mix into it and let it cook. As it starts cooking add kasoori methi, garam masala, salt, red chillies and tomato ketchup to it. In another pan, add 1 tsp of oil. As it heats, add the cubed onions and capsicum into it and toss on high flame so that they get a charred effect and also keep it crunch.

PANEER LABABDAR

Ingredients

- Paneer cubes: 200 gms
- Cashews soaked in warm water: 10
- Finely chopped onions: 2
- Finely chopped tomatoes: 3
- Finely chopped green chilli: 1
- Finely chopped garlic: 3 tsp
- Ginger: 2 tsp
- Butter: 3 tbsp
- Oil: 3 tbs
- Cumin seeds: 1 tsp
- Cloves and cinnamon sticks roughly crushed : ½ tsp
- Green cardamom: 1
- Bay leaves: 2
- Kashmiri chilli powder: 1 ½ tsp
- Cumin seed powder and turmeric powder: ¼ tea spoon
- Coriander seed powder 2 tsp
- Salt to taste
- Kasuri methi leaves: 2 tsp



Procedure

Heat a pan with 2 tbsp butter and 1 tbsp oil. Fry the bay leaves. Add finely chopped garlic ginger and green chillies. Once they turn golden fry the onions well with some salt. Then add the tomatoes. Let them get cooked and fried till becoming pulpy. Allow them to cool well. Take out the bay leaves. Add the rest of the stuff with soaked cashews into the blender. Grind them to smooth paste and keep aside. Now heat the pan with the rest of the oil and butter. Sauté it with cumin seeds and add the spices - clove, cinnamon and cardamom. Then add all the powders in to it and fry well. Transfer the ground paste to it and keep stirring. Add required salt and keep stirring till the oil separates. Add the paneer cubes and mix well. Pour half cup of water and stir. Once the gravy coats on the paneer well add kasuri methi leaves and coriander leaves.



Sushree