

JUNE 6-12, 2021

SUNDAY POST

HERE . NOW



KEEPING HOPES ALIVE

P
3,4 COVER STORY



With son

Ace choreographer of Odia showbiz Girish Mohanty, who last year made his debut as a film director in 'Chumki', loves to spend quality time with his son Uparish on non-working Sundays.

Building Bonds

Being raised in a joint family, I love holidaying with all the members. We prefer to go for road trips, especially on weekends when all are free and have fun.

Son's Playmate

I barely spend quality time with my son Uparish due to professional commitments. Therefore, I turn a four-year-old on most Sundays to be a playmate to him. Needless to say, we enjoy it like there is no tomorrow.

Rest Day

I love to relax on non-working Sundays so that I can start a fresh week with new energy.



With actor-wife Upasana



Sustaining Friendship

Hanging out with friends to enjoy a cup of coffee seems to have become a thing of the past. Lockdown might have separated the friends physically but I do manage to catch up with them digitally.

Professional Preparation

Choreography is not just stringing together steps and figures. So, I spend my free time exploring new moves to use them in my upcoming projects.

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

- How do prisoners call each other? On their cell phones!
- Did you hear about the man who lost his entire left side in an accident? He's all right now.
- Claustrophobic people are more productive thinking outside the box.
- People who lack the patience for calligraphy will never have properly formed characters.

GOOD COVERAGE

Dear Sir, The cover story 'Lord's Summer Sojourn' provided meaningful insights on his journey to Narendra Pushkarini with the other deities, the traditional water sports, boat festival and dance recitals associated with the ceremonies. Although the cover picture was highly captivating, the photographer does not figure in the credits. To keep in solemnity with the auspicious occasion, the picture of the model could have been avoided.

AMIT BANERJEE, CR PARK, NEW DELHI

RICH TRADITIONS

Dear Sir, I found last week's cover story 'Lord's Summer Sojourn' very informative. The article rightly explores various rituals connected with Lord Jagannath's Chandan Yatra. I appreciate Orissa POST's endeavour to present before the readers the cultural and traditional characteristics that are inseparable and linked with Odisha since ages.

BISHAL DAS, BARIPADA

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



KEEPING HOPES ALIVE

Amid atmosphere of fear and uncertainty there are many who with their Covid recovery stories reassure others that the disease is not necessarily a death sentence

BIJAY MANDAL, OP

With a sharp surge in the number of Covid deaths during the second wave across India, more and more people are getting affected by coronaphobia. Headlines such as - Space runs out for graves in Bhubaneswar, Oxygen scarcity claims 20 lives in Jaipur, Crematoria stares at acute timber shortage- in prominent media outlets has only added to the woes negatively impacting people's mental health.

After contracting the virus, the first question comes to one's mind is "Will I survive this or what will happen to my family after my death?" Everyone is scared of his/her life.

However, amid an atmosphere of fear and uncertainty there are many who with their Covid recovery stories reassured others that the disease is not necessarily a death sentence. Covid couldn't kill them, moreover, it made them come back stronger. They are now resolute to fight the next wave, if it happens at all, they say.

A few of these Covid survivors recollects their hospital experience and tell **Sunday POST** how they managed to

come out unscathed in their battle against the deadly virus.

'Used to read poems, listen to Mehdi Haasan's ghazals'

Sharmistha Sahoo, a popular poet in Odisha's literary circuit, from MCL Colony of Talcher couldn't believe that it could happen to her as she used to take every precaution to keep the virus at bay. Most importantly, her entire family was tested Covid negative some days back. She first thought the symptoms to be typhoid and started medication. In the next couple of days, she experienced difficulty in breathing. She too had asthma. Left with no choice, she had to undergo a swab test and the result was positive. She was taken to a dedicated Covid hospital at Talcher. She was in a state of panic seeing the chock-a-block condition at the facility. At one point, her oxygen saturation went down to around 45. The condition was deteriorating fast. So much so, that she began to see the flashes of her life.

While narrating the turnaround, Sharmistha recalls, "It was a hopeless situation. But the ICU nurses in PPE kits were the real fairies with invisible magic wands in their hands. They asked me to forget that I had ever contracted

the virus. The oxygen level is going down due to fear, they said. Following their advice blindly, I asked for a few books and my poem diary from home. I continued to read and edit the manuscripts of my poems. I also listened to Mehdi Hassan's ghazal to relax."

She continues: "The heartbeat was alarmingly erratic but I didn't let the smile disappear from my face. Even as I was not in a good shape, I tried to motivate other patients who were alone. I would call the nurses or the doctors using my phone or take help of the less serious patients to call the health care providers to help out the critical patients. It was heart melting to watch senior citizens crying like kids due to fear and pain. My husband was also tested positive and admitted to the hospital. He also couldn't tolerate the pain and often cried."

But ultimately her husband and she won the battle against coronavirus and returned home with their new found confidence.

"Whether you are at home or at a hospital, don't panic. Your mental strength is the key to your road to recovery," adds the poet.



Sharmistha with her poetry books in a Covid facility



Dr Priyanka Mohanty, a Covid frontliner and survivor

He continues: "There was no improvement in my health for the next couple of days. 'I am cured, I am healed and I am fine' I kept saying to myself for self motivation. Gradually, I started feeling better. My optimism played a big role in the recovery. But unfortunately, the media loves to broadcast more negative news to the viewers, perhaps, to garner more TRP which adversely affects the morale of the patients."

Though Sidharth was in a very bad shape at one stage, he remained positive and felt he was on the path of recovery. Like Sharmistha he too asked for a diary and kept on writing positive affirmations even inside the ICU. Most of the patients couldn't sleep as they were in panic but not Sidharth. He managed to keep his cool and remained unperturbed despite deaths around him.

He recalls, "An old woman who was undergoing treatment next to my bed succumbed in the evening. But the doctors



Siddharth Pati, a Covid survivor

tried their best not to let me know about it. However, I could sense it from their gestures. The next day the body was wrapped and sent for cremation. I felt awkward spending the night with a corpse but due to God's grace coupled with my positive approach, I recovered very fast and got out of hospital April 27.

INPUTS FROM RASHMI REKHA DAS, OP

'If virus is tough, I am the toughest'

Thousands of Covid frontliners, in a bid to save the lives of others, have lost their own. But Dr Priyanka Mohanty from Bhawanipatna is made of sterner stuff. "If virus was tough, I was the toughest," says the Covid survivor who happened to be a frontline Covid warrior.

Priyanka is a physician by profession but acting and dance are her passions. Besides, she is a dedicated social activist having a life membership of Red Cross and Unicef. She is a WHO representative in Kalahandi district and has her involvement in scores of other social activists.

In the line of duty, she was tested positive April 22 and remained at home isolation for 14 days, following all major symptoms like fever (102.8), sore throat, cough, chest congestion, body pain, fatigue and at times drop in oxygen saturation to 89/90 leading to shortness of breath.

"There were a couple of hours when I had almost given up. But it's my zeal, mind and heart that wanted to live despite everything and see I am all back to my normal life. Vaccinated, I am all set to fight it all over again. As bad as it was, I learnt something about myself. That I could go through something like that and survive it all. I am a COVID warrior-cum-survivor and here I am living my life, working, helping and motivating," she says.

Priyanka continues: "There is a 90 per cent recovery rate of the patients suffering from Covid but in 99 per cent cases it is the fear that's controlling our mind which adds more toxicity to the disease and life. I still suffer from anxiety attacks that I had during Covid and post Covid. But I sincerely followed all the AIIMS treatment protocols and breathing exercises and postures to get the better of nCoV. If the virus was tough, I am the toughest. I can proudly say that I have defeated the deadly virus and am back to work. We all have that ability to keep the disease at bay with little precautions that start from wearing a double layer mask as it is your respiratory route through which the virus can enter your body."

At present, Priyanka is sharing her success story with other patients and motivating them not to give up. The secret of crisis management isn't good vs bad. It's preventing the bad from getting worse, says the young intern of Hi-Tech Medical College and Hospital, Bhubaneswar.

'Had to spend night with a corpse'

Siddharth Pati, a young scientist from Balasore, tested positive for typhoid but negative for Covid April 12. Siddharth who works as a researcher at Khallikote University was in Berhampur at that time. He returned home to get care and attention from his family.

"As my condition deteriorated, I took admission in a general hospital and underwent another round of antigen test. I tested negative for the second time. However, on being recommended by the doctors, I got the scans done. And there it was and I had Covid pneumonia and typhoid. I was prepared for it. It is actually a very mysterious disease indeed. Nobody knows what all organs it will affect. Soon I was shifted to the ICU of a Bhubaneswar-based Covid hospital April 19. I found myself lucky to get an ICU facility soon after reaching the hospital where the real battle began."



Priyanka rejoins duty after recovery





'Akademi will have branches across Odisha'

Acclaimed painter Panchanan Samal who recently took charge as the Secretary of Odisha Lalit Kala Akademi wants to regularise the Dharmapada Puraskar, Odisha's highest honour in the field of art and sculpture, during his tenure.

RASHMI REKHA DAS, OP

Art is not everyone's cup of tea. Only a chosen few manage to carve out a special space in the hearts of art aficionados. Panchanan Samal, an acclaimed contemporary artist and Principal of Dhauli College of Art and Craft, is certainly one of them. His paintings have been exhibited in several parts of India and in countries like Switzerland and Australia. Samal has been felicitated by South Central Zone Cultural Centre of Nagpur, Swami Vivekananda University of Meerut and Hyderabad-based Kala Mitra Foundation and several other organisations for his exploits in the field of art. Therefore, it came as no surprise when the Orissa government selected him as the Secretary of Odisha Lalit Kala Academy (OLKA). In a candid chat with **Sunday POST**, Samal shares his thoughts on some pertinent issues. Excerpts:

■ **What was your first reaction after being nominated as the Secretary of Odisha Lalit Kala Akademi? Did you expect the appointment?**

■ Frankly speaking, it came as a surprise for me. I learnt about my appointment from a fellow artist Gourang Bariki when I was working on a painting. It was certainly a pleasant development as it was beyond my

expectation. I would like to express my sincere gratitude towards the state government for recognising my efforts and offering me an opportunity to do something for the artist fraternity. I can only say that it came at the right time.

■ **What are the major issues confronting the Akademi at the moment and how would you address them?**

■ It has not even been a month since I took the charge. I will surely try my level best to sort out the important issues, if any. As we all know Dharmapada Puraskar is the State's highest honour in the field of Art and Sculpture instituted by the Akademi. OLKA has stopped felicitating artists with Dharmapada awards for the past few years owing to controversy. Last year, it conferred the awards on artists for seven years from 2009 to 2015 thanks to the efforts of a bunch of artists and I was one of them. I will try to regularize the awards during my tenure.

■ **In this digital age our artists are quite aware of the global art scene. How is the Akademi planning to match the global standard of contemporary art?**

■ I have planned to introduce 'Digital Art Talk' where we would like to invite international artists. It will be a platform where the ideas between artists of Odisha and those coming from other countries can be exchanged. Besides, there is a plan in place to launch an online international art exhibition to showcase



Jewels In Crown

- Jayadev Kala Samman
- Bharat Kala Ratna Award
- Kala Mitra Samman
- Dinanath Pathy Smruti Samman
- Udayanarayan Smruti Samman
- Disa Samman
- Rangam award
- Shilipi Prabhucharan Sruti Samman

and sell the works of Odisha-born artists.

■ **The bylaws of the Akademi was framed about 60 years back and the objectives with which it was constituted have been accomplished. Don't you think this is the time to revise the bylaws to achieve greater goals?**

■ I haven't given a thought to this issue. I think it is a policy decision and will take it up with concerned authorities if the need arises.

■ **What is the best compliment you have received so far?**

■ My grandfather was a sculptor. I remember I used to watch him patiently when he worked. At that time I was in Class III. One day I went to our paddy field and while playing with mud, I ended up sculpting a small earthen idol of Lord Shiva. My grandfather looked at my creation in disbelief. Congratulating me, he said 'You are a born-artist and I am nothing compared to you'. His words made a lasting impact on me and they inspired me a lot to carve a space in this field. That was the best compliment I have ever received.

■ **Who or what has been the biggest influence in your life as a painter and the reason thereof?**

■ Painter, author and art historian Dinanath Pathy has influenced me a lot. His style was completely different. As I belong to Balasore, he used to call me 'Balasoria'. When I was studying in BK College of Art and Crafts, Pathy Sir's tag lines used to be 'Balasoria can make anything possible'. His words of encouragement boosted my confidence to always give my best. Pathy Sir was later posted as secretary of Lalit Kala Akademi in New Delhi and Bhubaneswar. He was also the founding principal of the Bibhuti Kanungo College of Art and Crafts. He was a true inspiration.

■ **As the secretary of the Akademi, what are your plans to help out struggling and upcoming artists?**

■ Plans are afoot to open branches of Odisha Lalit Kala Akademi at several parts of the state like Balasore, Puri, Jajpur and Sambalpur so that young artists can participate in the exhibitions hosted by branches of OLKA. Besides, if everything goes smoothly, the Akademi will host an international art fest to promote cultural exchange programmes. Besides, we are also planning to bring out an artists' directory.



19-Anasara gains good viewership

With cinema halls remaining closed due to Covid restrictions, more and more cinegoers are turning towards OTT platforms for entertainment. It is not just the lavishly mounted web series, locally made shorts are also being accepted well these days.

19-Anasara, a film made to sensitise people on how to treat the Covid victims at home, is one such film which is getting popular in social media. Directed by poet Antaryami Mishra, the short film, based on the story of Priyambada Rout, revolves around only five characters.



Antaryami is playing the central character and has penned the dialogues while Anshuman Senapati is the editor of the film. Apart from Priyambada and Anshuman,

the film also stars story teller Debadutta Pati and Biswarekha Jagdev in other roles. The film is Antaryami's maiden directorial venture.

BIJAY MANDAL, OP

Why Payal watches JLo's pole dancing

Actress Payal Ghosh is watching a lot of Hollywood star Jennifer Lopez these days, especially her role of a pole dancer in the 2019 crime comedy *Hustlers*. Payal says watching JLo's moves closely is part of her learning process to master pole dancing, for a song in her upcoming film *New York To Haridwar*. Online sessions to polish her skills are on, too.

"The script for *New York To Haridwar* is absolutely enticing. I was then told there is a song that will require me to pole dance. They would be fine even if I did the front shots but I am taking to it fully as I want to ace," Payal said.

"I watched Jennifer Lopez in *Hustlers* and have been absolutely smashed by that performance. I would give my best in this one for sure. Online sessions are on. I would be meeting a coach and taking sessions as soon as the situation eases. Let's all stay strong and defeat the pandemic first and follow all the protocols," she added. The film is written and directed by Rajeev Chaudhari. IANS



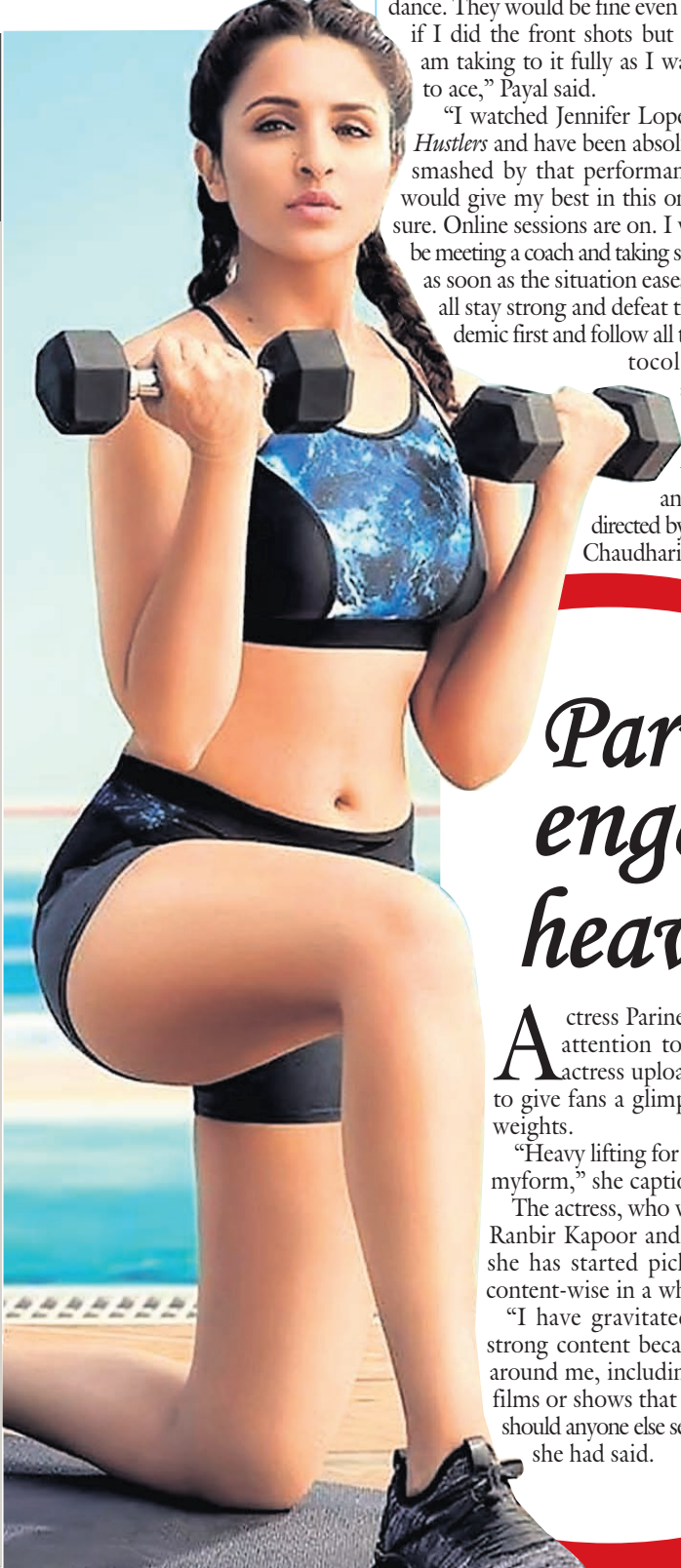
'I have known him more as friend than a co-star'

Sonakshi Sinha made her debut opposite Salman Khan in *Dabangg* and since then, the actress has been a part of the ever-growing franchise. The actress also shares a close bond with the superstar.

Talking about the same, Sonakshi says, "My bond with him goes beyond a professional relationship of co-actors. I knew him before I started acting. Our families have known each other for a long time now, and I have known him more as a friend than a co-star."

The actress also credited Salman for making her realise her true calling. "*Dabangg* is what made me realise what my true calling is. I never thought I would end up being an actor till Salman told me that I am doing this film. But from day one on set, I knew this is where I belong. So the franchise is like a homecoming for me," the actress added.

AGENCIES



Parineeti engages in heavy lifting

Actress Parineeti Chopra seems to be giving a lot of attention to physical fitness lately. Recently, the actress uploaded an Instagram video from the gym to give fans a glimpse of her workout regime, as she lifts weights.

"Heavy lifting for now. Cardio can wait. #workingon-myform," she captioned the video.

The actress, who will soon be seen in *Animal* alongside Ranbir Kapoor and Anil Kapoor, had earlier said that she has started picking up projects that are strong content-wise in a wholesome manner.

"I have gravitated towards projects that have strong content because I realised that everyone around me, including me, was only watching films or shows that are landmark. So, why should anyone else see anything average," she had said.

IANS

FITNESS APPS

FOR

HOME WORKOUT



compass everything, from bodyweight-only to full-equipment workouts, and address the requirements of people at all fitness levels. The app gives access to 4-to-6-week training plans. It also offers the option of tailor-made plans as well as a library of 190 plus free workouts, ranging from a strength, endurance, yoga, and mobility. These sessions range from 1545 minutes.

Yoga exercises. The app contains videos, including demos and guided instruction videos that explain the science of performing the asanas correctly. Unlike other apps, this app lets you stream the videos offline too.

My Fitness Pal - The app enables you to track all your fitness needs with a host of tools. The most popular (and perhaps widely



Are you planning to exercise your way to a healthier lifestyle this year, but concerned about going back to the gym? Worry not. You are not alone. With the pandemic still looming large over our heads, many of us believe that working out at home is still the safest option over public gyms. Moreover, thanks to technology, working out at home has become comfortable and affordable now.

Here are a few apps that can make your tasks a lot simpler.

Fittr - Fittr is one of the world's largest community-driven online health and fitness platforms. Offering a freemium model, Fittr acts as a one-stop-shop for all health and fitness needs. It provides free access to diet and training tools, thousands of healthy recipes, live fitness sessions with experts, Q&A with coaches, and connects users to a 2-million-strong community of fitness experts and enthusiasts. With a library of over 150 workout sessions led by Fittr coaches, users can access these anytime and work out. Additionally, users can get personalised nutrition and exercise plans by paying a small premium. The customized plans and workouts are provided by one of Fittr's 420 plus certified coaches. Fittr has also recently introduced online personal training sessions. These can be one-on-one as well as group sessions, which help you work out with friends. Workout sessions include yoga, bodyweight exercises, resistance band exercises for beginners, intermediate and advanced levels.

Women Workout at Home- This app is specially designed to cater to the health and fitness needs of women at home. It offers a wide range of bodyweight workouts for the entire body. These workouts are offered in the form of animation or videos, along with tips from coaches. It addresses the workout needs of beginners as well as pros. Further, it allows users to sync data with Google Fit.

used feature) is its searchable food database of over 300,000,000 items. The app also gives you the option to add your own foods and recipes. It helps you track what you eat and even offers suggestions on what you should eat. Users can also get customized diet plans and physical activity plans to help them reach the set goals. Moreover, it has a collection of cardio and strength workouts and can be integrated with several apps and devices.

Nike Training Club - Nike Training Club is a free app that helps users reach their fitness goals through workouts designed by top Nike Master Trainers. These workouts en-

5-minute Yoga - The app is designed by Sadhguru Jaggi Vasudev and is based on the science of Upa-Yoga, which is focused on physical and psychological benefits. All you have to do is take out five minutes every day to practice from a set of 7 five-minute Upa-





Rashmi

PHOTO: KUMAR SHARAT, OP