

JUNE 13-19, 2021

SUNDAY POST

HERE . NOW



WORLD BLOOD DONOR DAY

Men with golden arms

P
3,4 COVER STORY



With family

Actor and model Amlan Mohanty, a household name for his appearance in albums like 'Crush', 'Humsafar' and 'Ore Priya', loves to play indoor games with family members to celebrate togetherness

Noodles lover

All in our family love to gorge on noodles, especially Maggie, cooked by me. Therefore, I love to give them a noodle treat on Sundays.

Housekeeper

I prefer to keep things organised in my room. I also love to give the room a new look once in a while. So, I take care of the cleaning and change the layout of my living space when I am free.



RASHMI REKHA DAS, OP

Health freak

I am an early riser and often try out different workout regimes to remain in good shape. I love to take oats and milk in my breakfast to make it extra creamy and nutritious.

With pals

Hanging out with friends at a food joint in the evening is now a thing of the past. Left with no choice, I catch up with them virtually and chat for hours.

Family hours

It is not always necessary to go for a sunny vacation to spend quality time with family. At times, we do mundane things like playing ludo, carom or cards to celebrate our togetherness.



With a co-artist

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

- A train stops at a train station. A bus stops at a bus station. Now, why is my desk called a 'work station'?
- What happened to the rich guy with the double chin? He made a four chin
- The obstetricians seem to celebrate labour day every single day!
- I slept like a log during the night shift and I was axed when I awoke!

HIGHLY INSPIRATIONAL

Dear Sir, The cover story 'Keeping Hopes Alive'(June 6) was highly motivating and replete with positive vibes. The three success stories of Corona survivors bear ample testimony to the fact that even in these pandemic-stricken and crisis-ridden times, reclamation of normal life is possible by keeping the 'anxiety syndrome' at bay. As regards the physiological and psychological problems associated with the dreaded affliction, a positive mindset and never-say-die approach can certainly act as gamechangers.

AMIT BANERJEE, NEW DELHI

WELCOME MOVE

Dear Sir, I am glad to learn that Odisha Lalit Kala Akademi will have branches across the state. Akademi's newly appointed Secretary Panchanan Samal is an acclaimed artist as well as an able administrator. So, I believe he will live up to his words. Ideally the branches should come at places like Balasore, Puri, Jajpur, Sambalpur, Dhenkanal and Angul which will give a good representation to all regions of Odisha.

AKHIL PRADHAN, DHENKANAL

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 BLOOD DONOR DAY

Men with golden arms

RASHMI REKHA DAS, OP

Scoring a century is always an achievement. Whether the runs scored or wickets taken on a cricket field or surviving to celebrate the 100th birth anniversary, the centurions are certainly achievers and belong to a rare breed.

But what about those who have donated blood on more than a hundred occasions and still are ready to respond to the strangers' calls? They may be ordinary people but they do things extraordinarily to save lives. They are definitely super achievers.

World Blood Donor Day is celebrated June 14 every year to recognise the contributions of these super achievers and to spread awareness about the need for safe blood, blood donation and its significance. Ahead of this day, **Sunday POST** speaks to a few individuals who have donated blood for 100 times and still counting.

'WAS UNDER THE IMPRESSION THAT DONATING BLOOD CAUSES DEATH'

From a terrified youth who lacks in confidence to donating blood for more than 100 times, 63-year-old Gopi Mohan Patnaik of Paralakhemundi in Gajapati district of Odisha has traversed a long way. He has donated blood 163 times in about 40 years. That makes it four times every year without fail. He doesn't delay even for a day to donate blood once he completes the mandatory 90 days after the last donation. This has become a way of life for Gopi Mohan for over four decades.

"It has been a different feeling altogether when you learn that you have helped an individual in crisis", says the centurion blood donor.

Gopi Mohan donated blood for the first time when he was only 21 and there was no looking back after that.

A tragic road mishap made him realise the importance of blood donation, says Gopi Mohan when asked about his initial motivation behind this selfless act.

"I can't recall the exact date but it was sometime in the year 1979. I, along with my friend, faced a traffic jam at Raj Bhawan Square in Bhubaneswar while returning from the employment exchange office. At that time there were a handful of vehicles commuting on the main city roads. Therefore, the traffic jam on the main road was quite unexpected. Surprised, I came close to the spot only to discover that the congestion was due to a fierce road mishap. Several passengers of a mini bus were in critical condition while a few succumbed to the injuries at the accident site. I accompanied the injured who were taken to Capital Hospital for treatment," said Gopi Mohan.

He continued: "A woman passenger was

writhing in pain and her condition was critical. A doctor advised her relatives to arrange for blood to save her life. As I was present there, her relatives pleaded with me to donate blood. But I refused instantly since I had the misconception that blood loss always causes death. However, the doctor managed to convince me and I gave blood to that woman. But after that I started feeling that I was nearing my end. I told everything to my mother who not only scolded me and was in a state of shock. I went to sleep much earlier that night. I was uncertain about my life. But I was taken aback to see myself alive after waking up the next morning as if nothing had happened.

WHEN AVERAGE CITIZENS ARE RELUCTANT TO DONATE BLOOD, THERE ARE SOME WHO DO IT FANATICALLY AND CONTINUE TO DO SO ON MORE THAN 100 OCCASIONS



Gopi Mohan donating blood to mark his wedding anniversary



Loknath at a blood donation camp.

Myths and facts

Myth #1: Giving blood hurts

Fact: Actually the needle hurts. And the needle hurts as much as any other injection would. The needle used for blood donation doesn't hurt more than the injections.

Myth #2: HIV can be contracted by donating blood

Fact: It doesn't invite HIV. It's the infected needle that brings in the virus. Before giving blood, check the hygiene of the place. Make sure that the needle being used is fresh. That's it!

Myth #3: The process of blood donation consumes a lot of time

Fact: So does Facebook! The time taken for a single donation is not more than an hour or so.

Myth #4: Blood donation affects one's health adversely

Fact: If you're healthy before donating blood, then you'll not face any recovery issues after donating. You'll be advised to take rest for a while after donating. Drink enough fruit juice and liquid within a couple of hours. In fact, the body produces new cells even faster after donation.

Myth #5: You cannot take part in sports after donating blood

Fact: Giving blood has nothing to do with your sporting activities. You are advised to avoid strenuous exercises and lifting heavy weights for a day after donating blood. You're back on the track the next day.

Myth #6: Blood can be manufactured when needed.

Fact: Blood is not an artificial fluid which can be manufactured in laboratories. It only comes from human beings who donate blood



donated blood 25 times. When I came to know the role of platelets for our body and how they are responsible for blood clotting, I decided to donate platelets. I switched to platelet donation because platelets are more difficult to access, and cancer patients on chemotherapy often require them. Also, I liked the idea that unlike blood donation, which needs a three-month gap between donations, I could donate platelets every two weeks."

A regular donor in recent years, Gouri vows to continue as long as he can.

After that, I got rid of my misconception regarding blood donation. The next day when I visited the hospital the patient's relatives as well as the doctor expressed their gratitude to me for saving a life. This was a defining moment for me as a blood donor."

Patnaik, who works as a physical education officer at Orissa University of Agriculture and Technology (OUAT), makes it a point to visit Capital Hospital everyday and arrange blood for the needy.

He also organises blood donation camps 12 times a year including on his birthday and marriage anniversary. He collects an average of 200-250 units of blood every three months from the camp and around 50 units from family blood donation camps. He has also conducted camps in Chennai, Maharashtra, Karnataka and Banaras and has been on a mission to motivate the youths, college students in particular, to donate blood.

'HAVE BEEN DOING IT FROM MY COLLEGE DAYS'

Nayagarh-based Lokanath Dash is another centurion blood donor who has done it for staggering 138 times since 1988.

He says it is not just a healthy practice, but a way of showing that you care for others. "Blood donation is a very personal thing as nobody can force you to do so. You do it out of love for other human beings. It gives immense satisfaction when your blood is used to save someone's life. That is a very powerful feeling indeed."

Apart from donating blood, he runs

Ashraya, a project for the all-round development of special kids. He is also into organising blood donation camps. Till date, he has conducted more than 1,000 camps.

Asked about his motivation, he says, "I was barely 17 in 1988 when I went for blood donation. I had a knack for social service and I started doing it from my college days instead of searching for jobs like others. It began, when a woman in my neighbourhood approached me seeking help for her son who needed immediate blood transfusion.

I came forward without giving a second thought. There was no looking back after that."

Being a differently-abled person, he could realise the pain of such kids for which he set up a welfare body Ashraya in 1994 and help them join the mainstream of the society. He is also an actor who has appeared in a few TV serials and films.

"The only motive behind my donating blood is that it helps in saving human lives. I donate blood once every three months," he said.

"SWITCHED TO PLATELET DONATION AS THEY ARE MORE DIFFICULT TO GET"

At the age of 29, Gouri Prasad Das from Old Town area in Bhubaneswar has made it to the International Book of World Records for donating blood and blood platelets for over 125 times.

"I am not working for records but for service. If I will start doing it for the sake of records, I cannot focus on service," he says.

His first experience of donating blood was really bad. "My brother had organised a camp and he asked me to donate blood. I did it which was not appreciated by my parents. Rather they scolded me for my 'dare devilry'. However, my second experience of donating blood was memorable. I had gone to Capital Hospital and was standing outside the blood bank when a woman came to me and pleaded to donate blood for her son. I still remember her tearful eyes full of gratitude when I agreed to help her. That incident motivated me to continue with my blood donation," he recalls.

Initially his parents were against his decision. An incident made them understand the significance of blood donation. Sharing that anecdote, he says, "One of our relatives was diagnosed with dengue. His mother approached me for blood. However, my mother was dead-against it. I asked my mother if I had been diagnosed with dengue and his mother would have suggested his son not donate blood for me, what would have happened. This question melted her down. Since then, she never prevented me from donating blood."

Regarding platelet donation, Gouri says, "I started with blood donation. I have

Department of Transfusion Medicine
SCB Medical College, Cuttack
on 15th July 2020 (Wednesday)



Gouri busy donating platelets at a camp

FORMER OLYMPIC MEDALLIST MARI HOLDEN BELIEVES THAT BALANCING THE ENTIRE BODY OFTEN PREVENTS INJURIES AND MAKES ONE A STRONGER CYCLIST



Preventing neck and back pain

People who suffer from wrist pain can press up from the elbow, keeping it directly under the shoulder. One can also place one foot in front of the other for better balancing.

SPLIT SQUAT

Benefits: All cyclists have one leg that is stronger than the other. The split squat challenges the quads, glutes and hamstrings while working one leg at a time to help build symmetry in the body.

Procedure: Step the right foot forward in a lunge position while raising the heel of the back foot. There is a need to keep the back straight and lower the left knee slowly until it touches the floor. Don't allow the front knee to move past the front foot when the former is lowered. Press through the front foot and back toes to rise up. Repeat 10 times and switch legs.

BACK EXTENSION

Benefits: This exercise strengthens the muscles in the lower back, and also works on hamstrings and glutes.

Procedure: Lie on the floor with face down and stretch arms out in front alongside the ears. Engage the glutes and core to lift the shoulders, chest and feet up off the floor. Squeeze the shoulder blades together and pause at the top. Lower the back and repeat the procedure 10 to 12 times.

One can also perform this exercise with the torso resting on a stability ball and feet anchored against a wall or bench.

TRICEPS DIPS

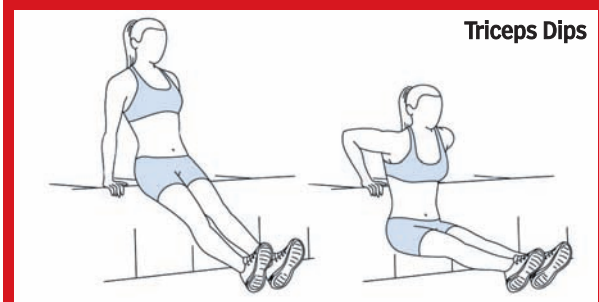
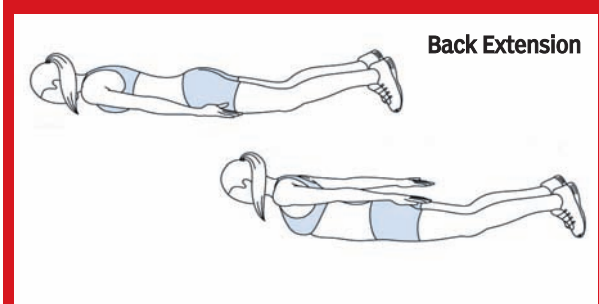
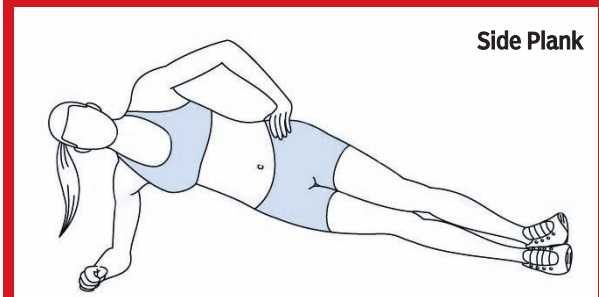
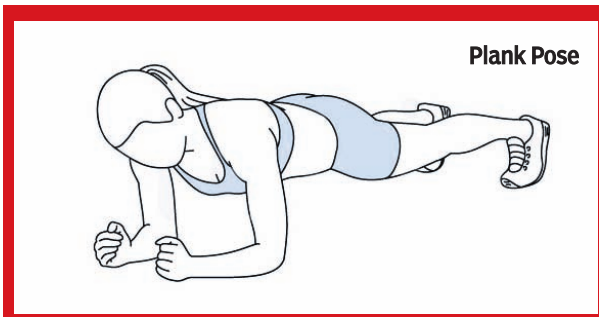
Benefits: People these days avoid rides on main roads and take up earthen roads for cycling. Needless to say, earthen or dirt roads are bumpier and require more upper-body strength. So, this exercise strengthens the triceps that control the body's center of gravity in a standing power climb position.

Procedure: Face away from a bench and hold the edge with your hands. The arms should be straight, feet flat and legs bent to make the thighs parallel to the floor. Bend the arms slowly to lower the body towards the floor until the elbows form 90-degree angles. Perform the procedure 10 to 12 times.

INCLINE PUSH-UP

Benefits: People new to cycling or those want to go faster often carry stress in their upper body. This makes them suffer from fatigue. This exercise works on strengthening the triceps, biceps, chest, back and core.

Procedure: Place the hands on a bench slightly wider than shoulder-width. Extend the legs straight behind the body so that the body forms a straight line head to toes. Keep the elbows close to the body as you bend and straighten the arms to complete a push up. Perform the procedure for 12 to 15 times.



AGENCIES

With fitness centres remaining closed, more and more people are taking up cycling to remain in shape. However, switching over to cycling often makes one suffer from neck and low back pain if the body is not conditioned properly, says Mari Holden, a former Olympic medalist and a world champion cyclist. The back and neck are bent unnaturally when one rides a cycle, therefore, there is a need to strengthen the core and trapezius muscles, she adds.

Holden believes that keeping all body parts in balance often prevents injuries and makes one a stronger cyclist. The champion cyclist uses some select exercises to keep her core strong and body in balance.

Some of them are as follows:

PLANK POSE

Benefits: Plank pose or superman plank helps in building core strength and stability. This version makes you discover your weaknesses accurately. One can quickly see strength differences and build upon that to be more balanced by practicing this pose.

Procedure: Start in a high push-up position with hands underneath the shoulders, back flat and head in line with the spine. Raise the opposite hand and foot off the ground to hover gradually. Keep the back flat back and hips square. Then lower and switch sides. Start by holding for five to 10 seconds and build up to one minute.

One can also start by raising a hand and lowering it and then raising a foot and lowering it if the above is found challenging.

SIDE PLANK

Benefits: This pose strengthens the shoulders, hips and spine and also the obliques—the muscles that run along the sides of the torso. It also builds muscle endurance.

Procedure: Start lying on your right side on the ground, feet stacked on top of one another. Keep the right hand below the right shoulder as you press into the floor to raise the hips up. The left hand can be on the left hip or stretched straight up in the air. Never let the top hip drop forward. Hold the pose for 10 seconds and build up to one minute. Switch sides.

Mumbai rain makes Varun nostalgic

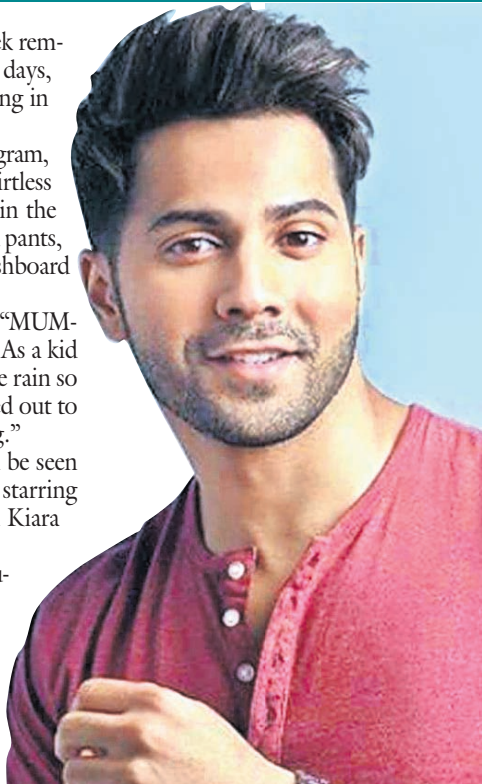
Actor Varun Dhawan last week reminisced about his childhood days, saying that he always loved playing in the rain.

Varun posted a picture on Instagram, where he can be seen standing shirtless on his balcony and getting wet in the rain. The actor is dressed in black pants, flashing his perfectly chiseled washboard abs.

Alongside the image, he wrote: "MUMBAI ki baarish. (Mumbai rains). As a kid I would always love to play in the rain so after getting in the work I stepped out to enjoy the rain and it felt amazing."

On the work front, Varun will be seen in the film *Jug Jugg Jeeyo*, also starring Anil Kapoor, Neetu Kapoor and Kiara Advani.

He will also be seen in the supernatural thriller *Bhedniya*. Directed by Amar Kaushik and penned by Niren Bhatt, the film also stars Kriti Sanon and Deepak Dobroyal, and is slated to hit the screens April 14, 2022. IANS



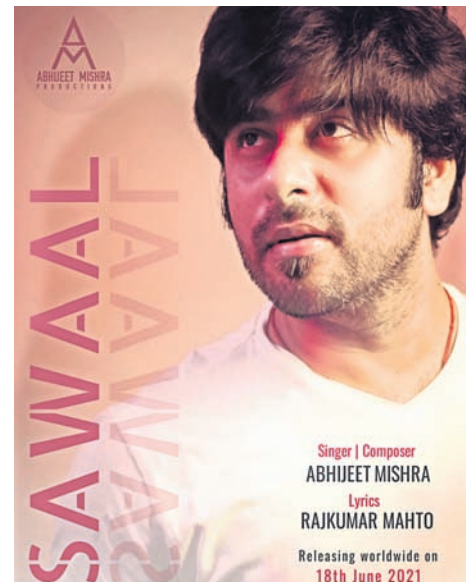
Abhijeet to drop *Sawa*/June 18

Mumbai-based Odia singer Abhijeet Mishra is all set to release his music video *Sawal* as part of Love Series June 18.

He had earlier released *Bagawat* and *Tere Liye* as part of the Love Series and both featured in the top playlist in Bollywood Latest Love Tunes at Spotify.

The singer, on his latest music video, says, "My album *Sawal* is a love song. When a boy falls in love, an obvious question always comes to his mind. Though he wants to ask his ladylove whether she feels the same for him, he doesn't gather courage to do so. It generally happens with boys with shy nature because they find it hard speak their heart out. This song is for them who can't share their feelings with their love due to introversion and other reasons. They can share this song with their beloved and get the answers easily."

Raj Kumar



Mahto has penned the lyrics while Abhijeet has composed the song. The singer will also be seen in the music video to be released worldwide through music apps Gaana, Hungama, Spotify, Instagram music and Facebook music apart from his YouTube channel.

RASHMI REKHA DAS.OP

Katrina-Vicky memes flood internet



Meme makers had a field day last week as they flooded social media with memes featuring B-Town's rumoured couple Katrina Kaif and Vicky Kaushal.

The hashtags #KatrinaKaif and #VickyKaushal started trending on Twitter Wednesday after memes featuring the two actors started doing the rounds, with fans talking about their rumoured relationship. While some of the memes are hilarious, some are romantic.

Even though the two actors are rumoured to be dating for quite a while now, they have chosen to keep mum on their relationship status and refrain from making public appearances together.

While sharing memes featuring the two actors, fans shared their love for Vicky and Katrina and even said the two look nice together. Some fans even tweeted suggesting that the two of them should feature in a film together.

The memes started flowing after reports emerged claiming that actor Harsh Vardhan Kapoor has confirmed in a recent interview that Vicky and Katrina are dating.

IANS

Evelyn bats for recycled fashion

Evelyn Sharma was in the news recently for tying the knot with Australia-based dental surgeon, Tushaan Bhindi. The couple, who have been engaged for a while, had initially wanted to have an elaborate wedding, but given the pandemic situation, had a quiet ceremony in Brisbane, Australia.

Last seen in the 2019 hit *Saaho*, Evelyn is also an entrepreneur and a big supporter of upcycling. The actress has often spoken about the importance of recycling clothing given the wastage that is involved in the fashion industry. In fact, she has established a non-profit organisation that deals in recycled clothes.

Asked about her hushed marriage ceremony, the actress said, "We would have loved for our family and friends from around the world to be present, but we know their blessings are always with us. For now, we are grateful for their good wishes and blessings as we pray for a better time ahead for our homeland India."

On the work front, the *Yeh Jaawani Hai Deewani* actress said that she had no regrets when it came to her acting career.

IANS



Of Life & Death

The search for their own identity is an engaging pursuit of poets. In his quest, a poet traipses into many unfamiliar territories and strange experiences, but he always comes back richer -- and a step closer to self-discovery. In *Beyond Here and other Poems* the poet Bishnupada Sethi embarks on such a journey from the here and now to beyond. The upshot of his endeavour is a hamper of beautiful and discerning nuggets of wisdom that give life its profundity and imbues it with myriad colours.

The poet is mindful that our grasp of any truth will remain fragmentary if it is explored in isolation of its opposite. Hence death pops up again and again when the poems grapple with the meaning of life. Ruminating on the sudden vanishing of life, the poet wonders, "The living energy/Does it ever come to a halt?/Can that be extinguished/ Or dissipated?" And then, "How that only thing/ Which makes you feel exist/ Vanish once for all/ Leaving no discreet link?" (*From Inside a Room of Life*, Page-41). Even while reminiscing about his romantic moments spent in the fragrance of jasmine, he begs his sweetheart to lay on him the garland he has been making as he embarks on 'life's last journey' (*Garland in My Cupboard* Page -41).

While death shows up amid the celebration of life, it does not intrude as a herald of sorrow and finality. On the contrary, the living and the dead come together as fundamental parts of a cosmic whole, pointing to the soul's permanence. In the eponymous piece, *Beyond Here*, the poet declares, "I don't appear in a body/ No one judges me ugly/ I'm loved/ I'm eternal/ I'm in a blissful state (Page-62)." The poet knows that his time on this earth is limited and that 'with the passage of time/ I will be gone,' but his soul craves, "I wish to know/ How do I connect/ To the places and people/After I am gone." *I wish to Know* (Page-59).

Although the lines obsess with mortality, the allusion is largely tangential: death is treated as only an undeniable fact of life. However, death becomes vivid and sensory once the pandemic plays havoc with humanity with all its instruments of torture. The poet moans as a 'great grief, panic and deep pain/ Seems looming all over.' *Where are the Children Gone!* (Page-109). He surveys the gloom that surrounds the locked-down world as people are dying in their

droves. The stench of death is too overpowering to ignore.

Yet, the overarching death consciousness fails to rattle the poet's world not only because he considers death the flip side of life but also because life should be celebrated in full force. He presents happy memories of his childhood, conjugal love, time of celebration with young ones in the family. While observing Daughter's Day, the poet exhilarates, "How lucky/ have I been/ To have a daughter/ Lively and pretty!/ She is a blessing/From the heavens." *On Daughter's Day* (Page-28).

Just as the poet shuns the idea that life is confined between birth and death, he also sets aside the concept of linearity of time. In his universe, past, present and future seesaw and take each other's place, conjuring up the essence of eternity, continuity of life and reappearance of memories. He writes, "Future is never an extrapolation/ Of the present state on the passing away of a loved one."

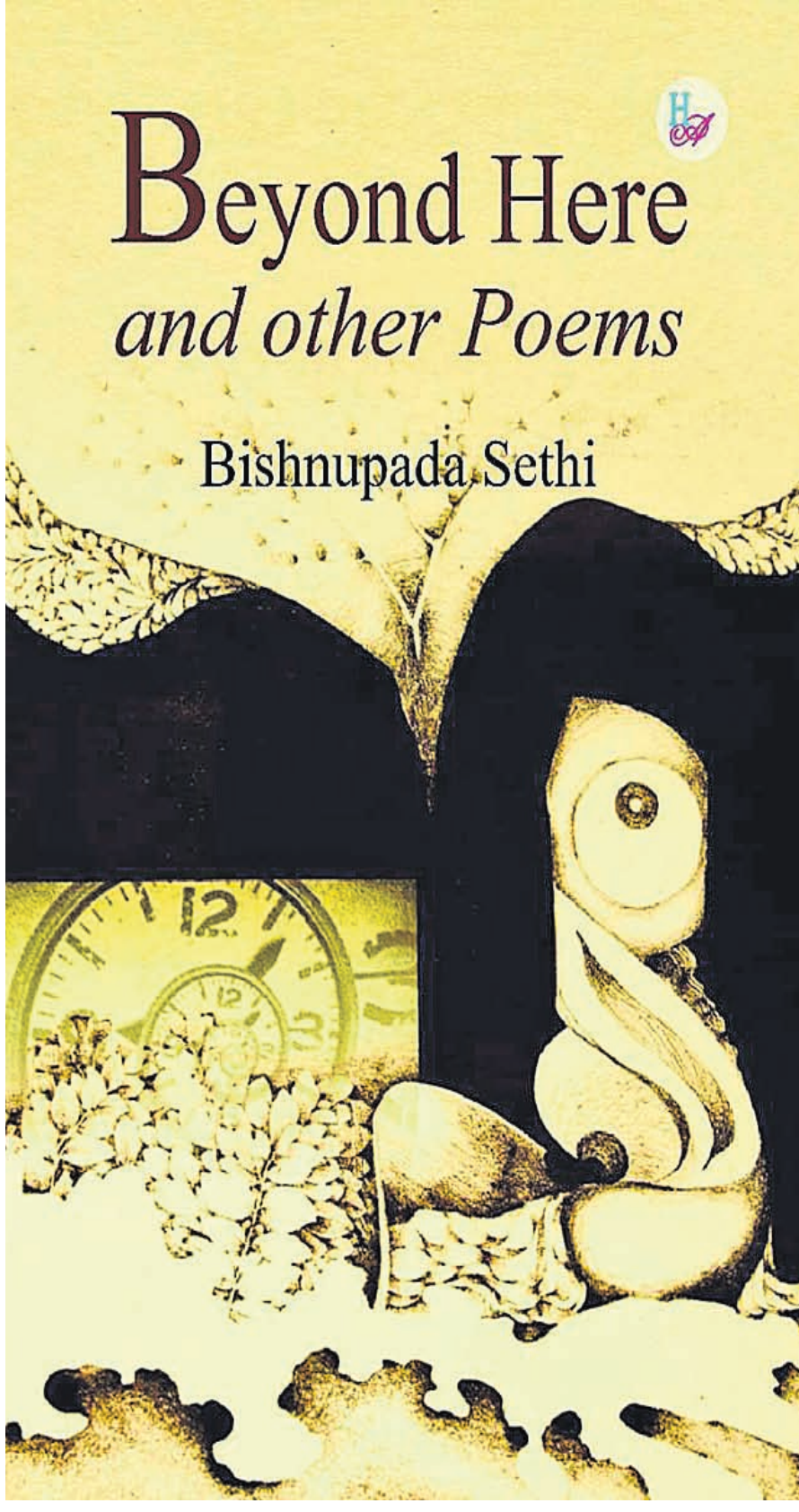
Beyond Here and other Poems
 Poet - Bishnupada Sethi
 Publisher- Har-Anand Publications
 Pages-122
 Price- ₹695

Also, "Something was to leave soon/ To be part of something else", *Quite Unusual* (Page-96). In many pieces in the book, the continuity of life comes out as a dominant motif. The essence of the father lives on in the child. The five elements that constitute our beings are shared by all, in the past and the future, "Like I'm an aggregate/ Of all my forefathers." *Till Infinity* (Page-104).

Besides death, separation, leaving, irrational fear, and nightmares are recurring themes of the poems. But despite their preponderance, what gives succour to life is faith in the soul's indestructibility, close unity of humanity despite outward divisions and eternal bliss of the almighty. These are the 'beyond' parts.

The poems, in their bite-sized pithy lines, exude a rare lyrical grace. The subjects are disparate yet fit nicely under the central theme of life and death.

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Pooja



PHOTO: KUMAR SHARAT, OP