

JULY 21-27, 2024

# SUNDAY POST

HERE . NOW



**WORLD IVF DAY – JULY 25**

# UNLOCKING LIFE'S SECRETS



COVER STORY

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WITH FAMILY

**ODIA\_DELHI\_BOYS, AKA KISHAN NAYAK, A POPULAR CONTENT CREATOR WITH NEARLY ONE LAKH FOLLOWERS ON SOCIAL MEDIA, CAME INTO PROMINENCE AFTER HIS HUMOUROUS SHOWS ON INSTAGRAM STRUCK A CHORD WITH THE VIEWERS. THE KENDRAPARA-BORN COMIC AIMS TO DEVELOP ORIGINAL CONTENT AND EXPAND HIS PRESENCE IN THE COMEDY GENRE. NAYAK, WHO HOLDS AN MBA DEGREE, SPENDS HIS LEISURE HOURS WATCHING MOVIES FROM THE SOUTH AND WEB SERIES**

### Occasional chef

**C**ooking is not my passion, but I enjoy making meals—non-vegetarian dishes in particular—for my family and friends.

### Creative pursuits

**D**uring my free time, I take to writing and acting. I also do research to create content and shoot for my YouTube and Instagram channels.

### Indulgent weekend

**M**y Sundays are mostly spent savouring delicious food and getting plenty of rest. After waking up around 10–11 am, I indulge in my favourite breakfast, either a bread omelette or Chhole Kulche. I also take a heavy lunch.

### Love for sports

**D**uring my days off, I enjoy heading to the nearby stadium in the evening for a quick game of cricket or volleyball.

### Bonding with family

**S**pending time with family—dad, mom, a younger brother, and sister—makes my day. We discuss our day, enjoy some lighthearted conversations, and share fun moments.



WITH FRIENDS

MADHUMSITA SAHU, OP

**WhatsApp This Week**

**Only on Sunday POST!**

Send in your most interesting WhatsApp messages and memes at: [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com)  
And we will publish the best ones

THE BEST MEMES OF THIS ISSUE

- Why are fish never good tennis players? They don't like getting close to the net.
- What do you call a mountain where people never sleep? Mt Neverest.
- What cheese can never be yours? Nacho cheese.
- "Waiter! This coffee tastes like mud." "Yes sir, it's fresh ground."

**GREAT EXPECTATIONS**

Sir, It's heartening to learn that the second season of the Odia web series *Gangs of Puri* is in the making. Set in the pilgrim town of Puri in the 1990s, the first season of the series was a runaway hit. Seasoned actors like Choudhary Jayprakash Das, Krishna Kar, Hara Rath, and Devanand Soni played their parts to perfection, while among the female actors, Barsha Pattnaik and Anjana Dash stole the show. Overall, the show was not inferior in quality and performance if compared to the shows streamed on OTT platforms like Netflix and Amazon Prime Video. *Gangs of Puri* wouldn't have made the impact had it not been helmed by an expert like Anupam Pattnaik. With movies like the *Tulasi Munda* biopic and *Pratikhya* to his name, Pattnaik is certainly set to impress the viewers yet again.

**SANJAY SENAPATI, JAGATSINGHPUR**

**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. Feel free to send in your opinions, queries, comments and contributions to [features.orissapost@gmail.com](mailto:features.orissapost@gmail.com)  
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WORLD IVF DAY - JULY 25

# UNLOCKING LIFE'S SECRETS

*In vitro fertilisation (IVF) has not only changed scientific understandings of what life is, techniques such as egg donation, surrogacy, and freezing of embryos have also altered long-held views about biological relations and kinship*



MADHUSMITA SAHU, OP

**P**arenthood is one of the most beautiful feelings a couple could have. Becoming a parent is an extraordinary milestone in life that brings with it a rollercoaster of emotions and experiences. However, millions of parents across the world get deprived of this feeling for several reasons. But the birth of Louise Brown, the first test-tube baby, July 25, 1978 through in-vitro fertilisation (IVF) technique changed things for those suffering from infertility.

World IVF Day is observed every year on this day to commemorate the magic made in medical science. This day celebrates the hope and joy that IVF has brought to millions of couples facing infertility challenges globally.

Also known as World Embryologist Day, it raises awareness about infertility issues, encourages open conversations and reduces the stigma around seeking fertility assistance.

Ahead of this day, a few experts and beneficiaries of IVF share with **Sunday POST** their thoughts and feelings on the miracle of science.



**Dr Subarna Mitra**, Associate Professor at the Gynaecology Department, AIIMS Bhubaneswar, said, "I would like to take this opportunity to shed light on the significance of IVF and the invaluable

role of embryologists in the realm of reproductive medicine. IVF represents one of the most significant advancements in the field of reproductive health, providing hope and solutions to couples struggling with infertility. The procedure, which involves the fertilisation of an egg outside the human body and subsequent transfer of the embryo into the uterus, has revolutionised our ap-



A newspaper clip of Louise Brown after being born by IVF

proach to infertility. This breakthrough technology has allowed countless couples to achieve their dream of parenthood, overcoming various biological barriers that were once deemed insurmountable."

She shared insights on

## INDIA'S FIRST

India's first IVF baby was born less than three months after the first 'test tube' infant came into the world in 1978.

Bengali physician Dr Subhash Mukherjee, pioneered it. Mukherjee is credited as the 'creator' of India's very first test-tube baby, Kanupriya Agarwal, nicknamed 'Durga' October 3, 1978, in Calcutta (now Kolkata). But he was only credited for his achievement after his death as he did not publish his research work in peer-reviewed journals. He was, instead, ostracised by the medical and scientific community and the state government after an 'expert' panel rejected his work. The Central government forbade him from travelling outside India for any scientific conferences or meets. His achievements were recognised only after India's second physician to succeed in IVF, Dr TC Anand Kumar, reviewed Mukherjee's notes in 1986. Unfortunately, Mukherjee had already taken his own life June 19, 1981.

why many couples opt for IVF centres outside of BBSR. "Bhubaneswar is home to several highly reputed IVF centres, yet many couples still choose to seek treatment outside the state. Several factors contribute to this trend. Firstly, there is a perception that larger cities or well-known metropolitan centres have more advanced technology and better success rates. This perception, although not always accurate, drives couples to seek reputed centres in cities like Delhi, Mumbai, or Bangalore. Secondly, the anonymity and privacy provided by out-of-state centres are appealing to many. Infertility can be a sensitive issue, and couples often prefer to undergo treatment away from their familiar social circles to maintain confidentiality. Moreover, personal referrals and word-of-mouth recommendations play a significant role. If a couple knows someone who had a successful IVF experience elsewhere, they are more likely to follow that lead. Additionally, some couples believe that doctors in larger cities have more expertise and experience due to the higher

volume of cases handled. Lastly, the perceived lack of comprehensive sup-



### The ground-breaking moment

On July 25, 1978, the Edwards and Steptoe Team in England accomplished this medical breakthrough with the successful birth of Louise Brown. Robert Edwards, whose work led to the first test-tube baby, won the 2010 Nobel Prize in Medicine for the development of in vitro fertilization. Since then, more than 12 million babies have been born through in vitro fertilisation.

port services, such as psychological counselling or advanced diagnostic facilities, in local centres may also drive couples to seek treatment elsewhere. To counter this trend, it is essential to raise awareness about the high standards of care and success rates at Bhubaneswar's IVF centres and ensure that all supportive services are readily available and publicised."

She adds, "Over the years, IVF technology in Bhubaneswar has significantly evolved, enhancing success rates. Advances in ovarian stimulation protocols, improved embryo culture conditions, and the introduction of genetic screening have played crucial roles. The use of advanced imaging and AI for embryo selection has also improved outcomes. Moreover, our specialised fertility centres in Bhubaneswar have adopted state-of-the-art equipment and techniques, ensuring high standards of care. Continuous research and training programmes for our medical staff further contribute to the increased success rates, offering hope to many couples facing infertility challenges."



**Dr. Gurpreet Kaur Nagi**, senior embryologist at Baby Joy IVF, Delhi, said, "IVF, or in-vitro fertilisation, is a medical procedure that involves the collection of eggs from a woman's ovaries to be fertilised with sperm in a laboratory dish. This creates embryos that are then carefully placed back into the woman's womb to grow into a baby."

She added that it helps couples with blocked fallopian tubes, low sperm counts, and other fertility issues.

Elaborating more, the embryologist said, "The process involves hormone medications to stimulate egg production, and the embryos are closely monitored for quality before being transferred."

However, she noted that it is essential to understand the emotional and physical aspects before considering IVF as an option. Consulting a fertility specialist can provide valuable guidance throughout the journey.

Despite the growing popularity of the technique, there is a lot of confusing information to sift through when considering IVF. Numerous misconceptions have arisen, suggesting that it leads to severe health problems and has a harmful impact on the body. Hence, it is imperative to dispel these myths surrounding this assisted reproductive technology, she said.

Dr. Nagi was of the view that IVF is suitable for various individuals and couples facing specific challenges in conceiving a baby naturally, including couples with infertility, women with tubal damage or blockage, age-related infertility, or unexplained infertility. "Ultimately, IVF provides hope and an opportunity for parenthood to those struggling with fertility challenges, making it a widely used and successful assisted reproductive technology," concluded the expert.

After waiting for more than 20 years, Bhubaneswar resident **Ananya** (name changed) underwent IVF in 2022. She and her husband, **Rajesh** (name changed), chose IVF after exhausting various treatment options to have a child. She was in her late 40s when she gave birth to a boy in 2023. Ananya and her husband are among an increasing number of couples opting for IVF in the city.

"We heard many myths about IVF, but it ultimately turned out to be our lifeline. It gave us a chance to experience the joy of parenthood that seemed out of reach," Ananya shared, adding, "Some people said it was only for women; others claimed it was painful and risky. But our experience was different."

In Rajesh and Ananya's case, low sperm motility was a significant hurdle. "We learned that IVF could help us overcome this challenge," Rajesh explains. "It was reassuring to know that the procedure was tailored to our specific needs."

"Another misconception is that IVF should be a last resort after exhausting all other options. Initially, we tried various treatments and waited for years, hoping for a natural pregnancy. But our fertility specialist advised us that IVF could be considered earlier, especially given our circumstances.

Consulting a specialist early on

made all the difference," Ananya recalled.

Safety concerns often surround IVF, but it is a well-established and safe medical procedure. While any treatment carries risks, serious complications with IVF are rare. "The process was much smoother than we anticipated. The egg retrieval was done under sedation, and the embryo transfer felt similar to a routine medical procedure," Ananya, sharing her experience, said.

Pain and lengthy treatment durations are also common myths associated with IVF. In reality, while IVF involves several steps, it typically spans a few weeks. Some clinics even offer expedited processes for suitable candidates. "We were surprised at how manageable the timeline was. And while there was some mild discomfort, it was nothing like the horror stories we'd heard," Rajesh said.

Finally, the belief that complete bed rest is required after IVF is unfounded. While rest and reduced physical activity are recommended shortly after the embryo transfer, complete bed rest is unnecessary. "Our specialist encouraged us to maintain light activities and a normal routine to keep stress levels down. It was comforting to know we could go about our lives without significant disruption," Ananya said.



## Myths surrounding IVF

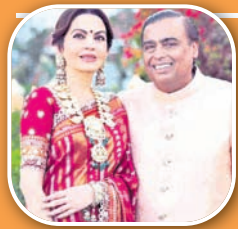
According to eminent embryologist Dr Gurpreet Kaur Nagi, "There are several misconceptions surrounding IVF. One common myth is that IVF is exclusively for female infertility, but in reality, it can address both male and female infertility issues. While it's often linked with female infertility, IVF is also used when male factors like low sperm count or motility are involved. Additionally, when both partners face fertility challenges, IVF presents a viable option to achieve pregnancy.

Talking about other myths, she continued: "Another suggests that IVF should only be considered after years of trying naturally or exhausting other infertility treatments. However, the truth is that there's no fixed timeline for starting IVF. It's advisable to consult a fertility specialist early, particularly if there are known fertility issues or advanced age. IVF can be a suitable choice at various stages of the infertility journey."

Concerns about the safety and pain associated with IVF are also misconceptions. IVF is a well-established and generally safe medical procedure, with any risks carefully managed by fertility specialists. The notion that IVF requires prolonged treatment or complete bed rest afterwards is also inaccurate, she added.



# A wedding to remember



With a spending of nearly ₹5,000 crore, it was certainly the most extravagant wedding the nation has ever seen. From the Indian PM to the country's top actors and sports stars, to international celebs, including pop stars, business tycoons, and politicians comprised the enviable guest list. After all, it was the third and last wedding ceremony in the family of Reliance Industries honcho Mukesh Ambani. The richest man in Asia left no stone unturned in making the Anant-Radhika union memorable for years. A peek into the gala event



## 600 PRIVATE JETS FOR GUESTS

The wedding guest list featured over 200 prominent personalities, including celebrities, politicians, and businesspeople from around the world. The Ambani family arranged more than 600 private jets for their guests. Reports estimate the wedding's expenditure at approximately \$0.6 billion (Rs 5000 crores), which is just 0.5% of the Ambani family's net worth of \$123.2 billion (Rs 10,28,544 crores).



## The Kardashians

The grand wedding saw numerous international celebrities, notably the Kardashian sisters, Kim and Khloe, and John Cena. The sisters wore outfits designed by Manish Malhotra and filmed parts of the wedding and their trip for their show, The Kardashians.

## Opulent invitations

Anant and Radhika's wedding invitations epitomized royalty and luxury. Each invite, costing at least Rs 6.5 lakh, was crafted using 3kg of silver and 24-carat gold. The invitations, housed in a red closet, featured a silver temple adorned with golden idols of Lord Ganesha and Radha Krishna. Accompanying the silver box was an invitation card, sweets, and dry fruits. The Ambani family added a personal touch with a handwritten note for each guest.



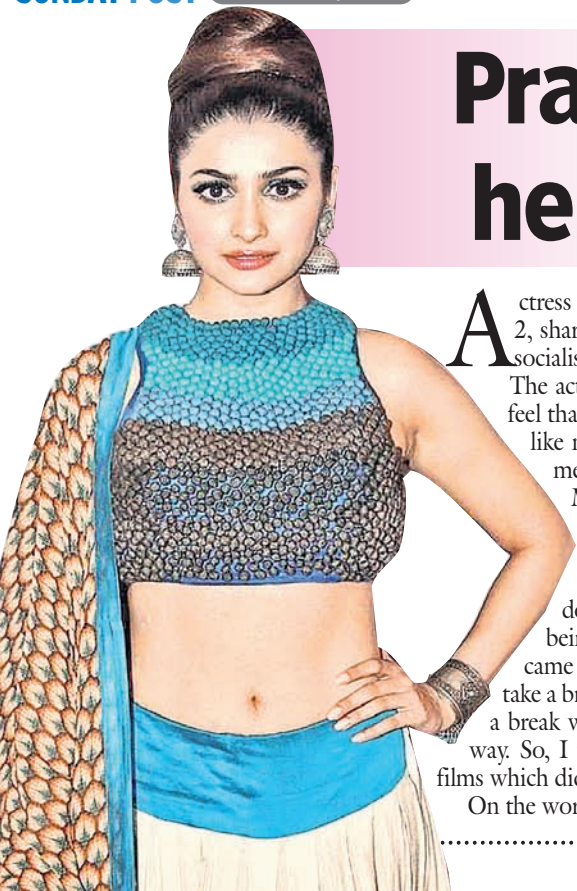
## From Bieber to Rihanna

Celebrity performances were a highlight of the entire extravaganza, from the pre-wedding festivities to the cruise party and the grand wedding. Top international performers like Rihanna, Justin Bieber, Katy Perry, Rema, Luis Fonsi, Pitbull, and the Backstreet Boys traveled from across the globe to entertain Ambanis and friends.



## ₹2cr watches as return gift

Anant Ambani, the younger scion of Reliance Industries, gifted luxurious Audemars Piguet timepieces to his friends, including Shah Rukh Khan, Ranveer Singh, Meezan Jafari, the Pahariya brothers, and others as return gifts. Each groomsman received a watch valued at ₹2 crore, featuring an 18-carat pink gold case, glareproof sapphire crystal, caseback, and a 41 mm blue dial with a Grande Tapisserie pattern.



# Prachi loves her privacy

Actress Prachi Desai, who was last seen in the film *Silence 2*, shared how she is a very private person and does not socialise much.

The actress said, "I am not a party person at all. I don't feel that for work you need to attend parties. I also don't like making too many reels or posting a lot on social media. I love to travel or spend time with my family. Many times my friends tell me that I should be more active on social media but I like this privacy."

The actress said, "In the last few years, I was not doing a lot of work because I had gotten bored of being offered similar roles. When interesting projects came my way, the pandemic struck and everyone had to take a break for two years. Many big actors have also taken a break when they felt good offers were not coming their way. So, I felt that it was good not choosing to be part of films which did not have meaty offers for me."

On the work front, Prachi was last seen in *Silence 2*.

AGENCIES

Actress Kubbra Sait, known for her impressive performances in films like *Gully Boy* and *Sacred Games*, has joined the cast of the highly anticipated sequel of the comedy *Son of Sardar*, starring Ajay Devgn, Sanjay Dutt, and Mrunal Thakur.

Sait's role in the Vijay Arora directorial remains confidential, but as per reports, she will portray a 'compelling character'.

**Kubbra bags role in Son of Sardar 2**

The actress is scheduled to begin filming next month, with a significant portion of the movie set to be shot abroad.

The sequel to the 2012 hit is expected to introduce a fresh storyline and cast, with Ajay as the sole returning actor. The director and producers have worked diligently to craft a suitable plot that meets Devgn's standards, and the film is anticipated to showcase a larger ensemble cast.

*Son of Sardar 2* stems from Devgn's desire to further explore the character of Jassi Singh Randhawa in a new narrative framework.

AGENCIES



**Bhuvan on crazy system of hierarchy in showbiz**

Actor and content creator Bhuvan Bam feels that the system of hierarchy in the film industry is a crazy phenomenon.

The actor, who is also renowned as one of India's biggest YouTubers, recently appeared on the chat show *Be A Man Yaar*, where he shared insights about how aspiring artists in the film industry should make peace with the fact that work can only come to them once the people who are above them in the hierarchy say no to it. Speaking to show host Nikhil Taneja, Bhuvan said: "Rejection is a part of this thing that we are in. It's not possible without rejections. The hierarchy system here is quite crazy. You will only be considered once those above you have turned it down. The sooner you realise this, the better."

Continuing his thoughts, he said: "The world doesn't revolve around you. You only have to chase and find opportunities for yourself. Cannot just sit at home and expect ki aata hi hoga call. Nahi aayega kabhi. It's never gonna come. We have to find a way. When people say that the struggle is finally over for them, I say it's a lie. The struggle never ends," he said. *Be A Man Yaar* is available to stream on Yuva's YouTube channel.

IAN5

## OLLYWOOD ROUNDUP

# Bhagia Bharija to hit screens Aug 9



**Bhubaneswar:** New Odia movie *Bhagia Bharija*, starring Debjani and comedian Hari in lead roles, will release in more than 40 theatres August 9. The makers shared this during a press meet at Buddha Mandir last week.

The film also stars Bobby Mishra and Pupinder Singh in key roles. The plot of the movie is about the impact of social media and the result of sudden fame in someone's life. Hari plays an auto driver who wants a good life for him and her wife played by Debjani who is fond of making reels on her cell phone. In an unprecedented turn

of events, a filmmaker roped her in for a move after watching her reels. How the couple's life changes after that forms the crux of the movie, said director Mrityunjay Sahoo.

The movie is produced by Bhisma Rath and Harihar Mohapatra. Malay Mishra scores the music while Manas Mishra is the DoP. Arun Mantri has written the lyrics. A lucky viewer and his/her family will win prize for a foreign trip. A lucky movie buff will get an opportunity for a foreign trip if his/her review is selected for the prize.

PNN

# Aaji Ra Rebati first look unveiled

**Bhubaneswar:** RR Events and Cine Production released the first look of *Aaji Ra Rebati* recently. Sheetal Patra and Bonny Sengupta from Kolkata play main leads in the movie.

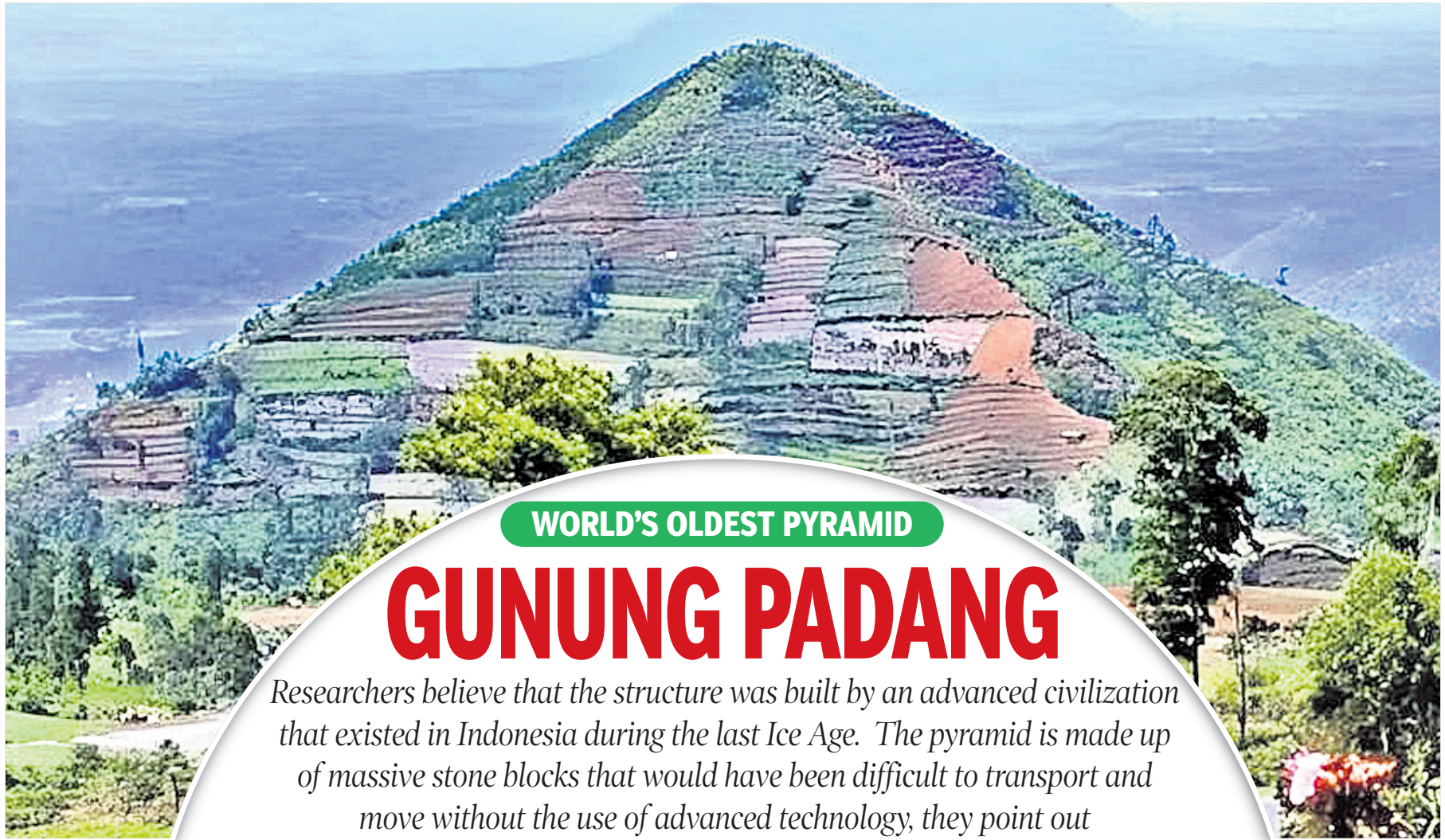
Produced by Ramesh Barik and directed by Subhranshu Das, the story of the movie has been written by Badri Mishra while Shyama Prasad Mishra has scripted the screenplay. The music is scored by Prem Anand.



Other cast members include Usasi Mishra, Parijat Chakraborty, Puspita Panda and Prithviraj Nayak.

The makers are planning to release the movie on Dusshera.

Talking to *Sunday POST* director Das said, "*Aaji Ra Rebati* is a story of Rebati who faces a lot of hardship and suffering. Despite all that she achieves her goal. The movie is set in the early 90s and shooting has just begun."



WORLD'S OLDEST PYRAMID

GUNUNG PADANG

Researchers believe that the structure was built by an advanced civilization that existed in Indonesia during the last Ice Age. The pyramid is made up of massive stone blocks that would have been difficult to transport and move without the use of advanced technology, they point out

OP DESK

The pyramids of Egypt are one of the most iconic and enduring symbols of human civilization. But what if there is a pyramid even older than the Great Pyramid of Giza? A new study claims that Gunung Padang, a pyramid in Indonesia, is between 25,000 to 14,000 years old, roughly 10,000 years older than the pyramid of Djoser in Egypt, long thought to be the world's oldest. The study, published in the journal Archaeological Prospection, used a variety of dating techniques, including radiocarbon dating and ground-penetrating radar, to determine the age of Gunung Padang.

Covering approximately 150,000 square meters of land, the pyramid was built more than 20,000 years ago, believe experts.

However, there are still many questions about Gunung Padang remain unanswered. Here're a few of them:

The site

This ancient structure has been shrouded in mystery for centuries, and archaeologists are still trying to figure out its true purpose. Mount Padang is located in the West Java province of Indonesia. To be exact, Gunung Padang is situated in the Karyamukti village, Cianjur regency, about 100 kilometers south of the capital city of Jakarta.

The structure

Gunung Padang, also known as 'Mountain of Enlightenment' among the locals, is a massive complex of stone structures built using sophisticated engineering techniques that predate the agricultural revolution. Many researchers believe ancient people used it as a spiritual center or burial ground. But, unfortunately,

one may never know the whole story behind this mysterious pyramid! Archaeologists consider the structure a pyramid, but it doesn't fit the general definition. It is a megalithic site consisting of stone terraces leading up to a central peak. The pyramid has several levels, and each has its unique purpose, but archaeologists have yet to determine what purpose because excavations were stopped. The structure looks like ancient people built each layer at different times throughout history. What brought researchers to this site in the first place were the basalt stones that makeup the structure. These basalt stones framed the terraces around the steps and formed walls, paths, and different spaces; the basalt stones were more like carved pillars. Gunung Padang is an extraordinary site, and it needs more research before one can determine its purpose and how they built such a massive structure without modern technology. However, it does hint at the possibility that ancient civilizations had more capability than previous research has given them credit for.

From what researchers have gleaned so far from Gunung Padang's excavation, multiple ancient civilizations built off of the work of the people that came before them.

Details

The structure consists of a series of five artificial terraces, one rectangular and four trapezoidal, that occur, one through five, at successively higher elevations.

These terraces also become successively smaller with elevation, with the first terrace as the lowest and largest and the fifth terrace as the highest and smallest. These terraces lie along a central, longitudinal NW-SE axis. They are artificial platforms created by lowering high spots and filling in low spots with fill until a flat surface was achieved. The terrace perimeters consist of retaining walls formed by volcanic polygonal columns stacked horizontally and built vertically as posts. The terrace complex is accessed by a central stairway with 370 steps, an inclination of 45 degrees, and a length of 110 m (360 ft)

About the layers

There are four layers to the Gunung Padang site, with the oldest layer dating back to 25,000 BCE. Many professionals refer to this structure as a pyramid, and while it may represent one, Gunung Padang is still an enigma. It's not a conventional pyramid in the traditional sense, mainly since it differs from other civilizations previously uncovered in the past, like the Mayans. For instance, Mayan pyramids were symmetrical, and sometimes their cities were planned, which indicates urban planning; however, the civilization that built the Gunung Padang pyramid made an elongated structure with a half-circle in the front. As mentioned, the pyramid built by this unnamed civilization was built in layers, so it was likely constructed or built upon by separate people or

perhaps different generations of the same tribe or society. Many have tried to speculate about the age of these layers, but through preliminary carbon dating, researchers have determined the approximate age of each layer. While the first layer could be approximately 3,500 years old, second is nearly 8,000 years old. The third layer could be somewhere between 9,500 years and 28,000 years old. The fourth layer seems to be a carved "lava tongue" of basalt rock modified by the civilizations who constructed the pyramid.

Site's present status

Gunung Padang is currently open to the public, and there seem to be tours available upon request. The site was closed in 2014 for further excavation, but discussions surrounding its origins and the data collected so far haven't ceased. Many experts in the field remain baffled by Gunung Padang and can't seem to conclude its function or how it was constructed.

What's in store?

Archaeological community is more cautious about Gunung Padang's potential as the world's oldest pyramid. It argues that insufficient data has been collected to make such a claim. However, renowned volcanologist Sutiko Bronto stated that Gunung Padang is the neck of a volcano near the site; images and surveys of the land point to Java being a land of volcanos. Bronto isn't alone in his assessment of Gunung Padang. Furthermore, other excavations haven't produced the same results; approximately 30 miles away, excavators found bone tools in a cave. Because of this, it's difficult for scientists to believe that the civilizations that built Gunung Padang were advanced enough to make the pyramid when they had neighbors who were still using bone tools.



Top view of the structure



# Sayantika

**WANT TO BECOME A MODEL?**  
Send us your photographs at  
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