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SUNDAY POST

HERE . NOW



Scaling new peaks

P
3,4 **COVER STORY**





With more than 500 film songs, over a thousand albums and as many devotional tracks to his credit, lyricist Arun Mantri is a big name in Odia music industry. The state award winning composer loves to play cricket with friends to add thrills to his non-working Sundays.

Early Bird

For me, waking up at 4.30 am has been a custom for many years as the wee hours are a great time to enjoy the serene ambience. After spending some 'me time', I go for plucking flowers followed by a morning stroll.

Plant Lover

Spending time at my rooftop garden is my favourite pastime. Apart from taking care of my 200-odd flower plants, I love talking to them as it feels as if they are all ears.

Cricket Fanatic

I believe that I would have been a professional cricketer if music had not been kind to me. I never miss int'l matches involving India. I love playing cricket to remain connected with the game.

Chef at Home

I love to don the chef's apron on Sundays. My favourite stuff is authentic Odia cuisine Khechudi and Dalma. Wife Debadutta and daughter Akruti also love dishes prepared by me.

Receiving a trophy from actress Raveena Tandon



No Days off

There are no days off in my profession. Therefore, I take my family shopping or to a multiplex to enjoy the recent releases when I get a break from work.

Insatiable Hunger

Making time from my busy music sessions, I always try to offer something fresh to my fans. Because, I believe that I am as good as my last hit and my best is yet to come.



With renowned playback singer Udit Narayan



With wife Debadutta



With daughter Akruti

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

- Beer is what makes you see double and feel single.
■ Don't kiss me near your house. Love is blind but the neighbours are not.
■ Phones are better than girlfriends, At least we can switch those off.
■ A man in love is incomplete until he is married. Then he's finished.



ODE TO GREETING CARD

Dear Sir, 'A Lost Era' was an apt tribute to the magical realm of greeting cards. It brought back vivid memories of the good old days when New Year cards, diaries and calendars ruled the roost. Cards in the hands of the recipients generated a whole gamut of emotions and reinforced the emotional connect among human beings. Receiving a card was undoubtedly a positive experience, because it signified that you are in someone else's thoughts. Alas, to quote Bob Dylan, the times are a changing, and the once coveted cards to mark special occasions and events in one's life, are no longer the flavour of the season. The advent of modernity and mechanisation, coupled with the self-obsessed world in which we dwell, has undoubtedly robbed mankind of the intrinsic joy and emotional feelings which one experienced on receiving a card. Electronic messages/greetings and e-invites are bereft of that sentimental connect, which binds human beings with each other.

AMIT BANERJEE, NEW DELHI

LETTERS



A WORD FOR READERS

Sunday POST is serving a platter of delectable fare every week, or so we hope. We want readers to interact with us. Please send in your opinions, queries, comments and contributions to features.orissapost@gmail.com B-15, Industrial Estate, Rasulgarh, Bhubaneswar - 751010, Orissa. Phone (0674) 2549982, 2549948



Despite fraught with peril, people regularly risk their lives to climb steep mountains. Conquering challenges and getting a feel of accomplishment are perhaps the prime motivators behind their passion to reach summits

Scaling new peaks

RASHMI REKHA DAS, OP

Mountain climbing is one of the most dangerous sporting activities in the world as it involves loads of risks. In every step, the climber is exposed to injuries like twisted ankles, sprained muscles, torn ligaments, broken bones, back injury, and of course frostbite. Despite being fraught with danger, people regularly risk their lives to scale mountain peaks. Conquering those challenges and getting a feel of accomplishment are perhaps the prime movers behind the adventure. Be it Arjuna Awardee Bachendri Pal or Padma Shri winners Arunima Shah and Santosh Yadav, all have made the nation proud. Back home also, Odisha is proud to have some of the finest mountaineers in the world. A few of them told **Sunday POST** about their achievement and challenges they have faced to reach the summit.

Had a dream to scale Everest- Ganesh Chandra Jena

Ace mountaineer Ganesh Chandra Jena needs no introduction. Hailing from Paralakhemundi, he scaled the peak of Mount Everest May 18, 2011 becoming the first man from Odisha to achieve the feat. Jena tasted the first major success when he scaled Mt Bandapuch Peak (21763 x) in 1996. In 1998, he climbed Mt Stok Kangri Peak, Mt Ladaki Pak and Mt Shetidhar Peak. Next year, he scaled Mt Mamostong Kangri and Mt Kardjungla. After that there was no looking back for him. The ace mountaineer completed a preliminary water sports course at Pong Dam in 1998 and a course at Special Forces Training Wing at Nahan. Also, he was the lone participant from India in Tenzing-Hillary Himalayan Marathon organised by the Nepal government in 2013. He successfully scaled Mount Elbrus to become the first Odia to hold the record of reaching the top of the 5,642-metre high mountain located at Moscow in Russia.

Born to Kantaru and Sita Jena, Ganesh was passionate about mountains when he was a kid. Recounting his childhood days, Ganesh says, "When I used to climb hills at my village Sitapur, I would always dream of climbing Mount Everest one day. Following my graduation, I decided

to follow my passion of climbing mountains and make a career in it." The Himalayan dream was an expensive affair for the seasoned mountaineer who has so far scaled 21 mountain peaks including 15 peaks in India. "Mountaineering is my first love though it involves life risk. I have scaled over 20 peaks around the world, but every time I touch 7,000 metre, I feel that would be my last expedition. However, I changed

my mind after I reached the summit. Forgetting all the hardship and pain I underwent in my last trip, I plan for the next expedition. I had to drop my plan to scale Everest twice at the last minute due to fund crunch. However, I managed to arrange funds in my third attempt. BDA contributed ₹1 lakh while another state government body, Industrial Development Corporation chipped in with ₹50,000 out of the ₹3.7 lakh I spent to take part in the event," adds Jena.



Ganesh Chandra Jena at a shelter centre



Chinmay

Took training in climbing on Mamu-Bhanaja hill – Chinmay Maharana

All pursue a dream but everyone cannot make their dream come true. However, mountaineer Chinmay from Old Bhubaneswar made his dream of scaling major mountains come true. For him, mountaineering is not just an adventurous trip. He wanted to scale mountains from his college life. He took part in an adventure camp organised by National Adventure Foundation in 2014. After that, he took climbing training at Mamu-Bhanaja hill at Balugaon in Khurda district.

Asked how he developed a passion for mountaineering, Chinmay says, “I was very much active in sports and extra-curricular activities during my college days. Impressed by my sporting skills, one of my college professors advised me to go mountaineering. His encouraging words made me where I am today. With the help of adventure coach Dillip Kumar Pradhan, I started training for mountaineering. Soon after graduation I went on an expedition at the age of 21. I did my basic course in mountaineering at Atal Bihari Vajpayee Institute of Mountaineering and Allied Sports in 2015 and advance course at Himalayan Mountaineering Institute, Darjeeling and Jawahar Institute of Mountaineering, Pahalgam in Jammu & Kashmir in 2016. I have scaled eight mountains so far.”

Apart from being a mountaineer, Chinmay has carved a niche as an instructor for imparting training to aspiring mountaineers. He has scaled Mt Rudugaira (19,100 ft), Uttarkashi in 2019, Mt Darba Top (13,500 ft), Uttarkashi in 2018, scaled Palung (18,000 ft) at Sikkim in 2017, imparted training in three National camps in adventure sports between 2014 and 2016. Also, he scaled Choukigarh (10,925 ft), Manali in 2016, scaled Lamaduag (11,482 ft) of Manali in 2016, scaled Ranisui (13,123 ft), Manali in 2016, trekked Mt Shitidhar (5,244m) in Manali in 2015 and summited Mt Stok Kangri (6153m/ 20,187ft) Sept 24, 2016. Chinmay also has participated in Biju Patnaik

Himalayan Expedition. His aim is to popularise mountaineering in Odisha and to summit Mt Everest along with major peaks of other continents.

Recently, Chinmay successfully scaled Mount Yunam in Himalayan mountain range bringing glory to the state. The mountaineer conquered a height of 6,111 metre and reached the peak.

Sasmita Pradhan proved the saying - Mountain climbing is no woman's work - wrong

Sasmita Pradhan is an apt role model for girls who want to make their career in mountaineering. She proved the age old saying ‘Mountain climbing is no woman's work’ wrong by scaling mountains at an early age. A resident of Bhubaneswar, Sasmita used to be very adventurous when she was in college. Getting fascinated by the success of mountaineers, she wanted to see herself on the peak of mountains. And she did it by sheer determination.

Sharing her life changing moment, Sasmita says, “After completing my graduation from Kamala Nehru Women's College, I was undecided over my career options. In 2016, I luckily attended a function where ace mountaineer Ganesh sir was invited as a guest. At the function he shared his success stories laced with struggles. I was so inspired by his tales that I decided to opt for a career in mountaineering. I collected Ganesh sir's phone number and talked to him. It was Ganesh sir who guided me. I pursued a basic mountaineering course from an institute based in Jammu &



Sasmita



Safety Tips

- Proper training teaches all the aspects of mountaineering like map reading to navigation skills and also the rope work and understanding mountain weather. The mountaineer must book with a reputed organisation that offers expert advice with the guided expeditions.
- One must invest a good amount of money when it comes to get a pair of shoes for mountaineering. For mountaineering in summer one must go for the stiff pair of boots and for winter the crampon rated boot will be needed.
- Before going for mountaineering, one must go for the local weather forecast.
- To avoid accidents and injuries during mountaineering one must carry emergency shelter.
- One should carry first aid kit while going for mountaineering. One must always take the basic first aid training which is quite useful for the mountaineers.



Kashmir in 2016. In the same year, I succeeded in scaling the 14,500ft green top.”

She continues: “I find difficulties in breathing every time while climbing mountains but when I see the beauty of mountains I forget all my pain and sufferings. The pristine beauty of mountains is unmatched. The exhilaration, thrill, and sense of accomplishment you get when you climb, hike, or ski a mountain is unmatched. I just can't realise when I reach the peak of mountains. I would like to owe my success to the blessing of my parents and teacher Ganesh sir.”

Sasmita who has been working as an adventure instructor for past five years at Manali Adventure Camp that includes activities like trekking, camping, rope skills, basics of rock climbing, is of the opinion that every mountaineer should make themselves prepared mentally and physically before six months of mountaineering or trekking. They should run 5-7 kilometres everyday to keep themselves fit to face the future challenges.

Sasmita, who has recently joined National Adventure Club, Chandigarh, says, “All I want is to generate interest among school and college students for mountain climbing to create a pool of mountaineers.”



After building a fan base with her realistic performances in movies, award winning actress Divya Dutta has made inroads into the literary world



Divya Dutta

ARINDAM GANGULY, OP

It was not just actor Anupam Kher who boldly announced in his classroom that his aim in life was to become an actor when the teachers asked the students about their goals in life. This had happened with acclaimed actress Divya Dutta as well at the Sacred Heart Convent School, Ludhiana. Moreover, she was summoned by her school's principal and reprimanded for nursing such a 'weird' goal. Ironically, after 25 years to that incident, the same Divya was invited to her school along with the Punjab Education Minister as the chief guest for an event. To date, she has appeared in more than 60 mainstream movies, several content-driven and international productions. Her characters in movies such as *Veer Zaara*, *Delhi-6*, *Bhaag Milkha Bhaag*, *Irada*, *Special 26* and others have made her an actor every director wants in their projects.

After creating a fans base with her captivating performances in movies, Divya is now winning hearts with her writing skills. She made her debut as an author with her book *Me and Ma*. The success of her first book led her to pen the next – *The Stars In My Sky*. The book talks about her journey in the film industry and the people who helped her in becoming a formidable actor. Divya was recently in Bhubaneswar to attend Kalinga Literary Festival where she was feted with Kalinga Literary (Woman Writer) Award for her book *The Stars In My Sky*.

During her short stay in the city, the charismatic actor, in a candid chat with **Sunday POST**, talked about her new book, inspiration, journey in the film industry and several other issues.

What meaning does this literary award carry for you after getting several recogni-

'Writing is a new journey for me'



Divya at Kalinga Literary Festival

tions for acting?

■ It always feels good to be recognised for acting. But writing is very new to me and I am grateful as well as excited after getting this award for my literary works. This is a new journey for me. My mother would have been very happy with this.

■ **What is the motivation behind your writing?**

■ First, I started writing columns for a newspaper. Once, a woman came to me and appreciated my column which had inspired her in life. That worked as a trigger. So, after my mother's demise, I wanted to celebrate her life and parenthood. So, my first book *Me and Ma* came into being and was well received by the readers. No wonder, they demanded the next one. So, I planned *The Stars In My Sky* which is about my journey in the world of movies and its people.

■ **Tell us about your journey and experience in the glamour world.**

■ It's an exciting one. Here, no one says 'no' in your face. When I started off, most of the people I approached for work promised to do films with me. At one point of time, I signed 22 movies but none of them rolled. Though I worked in several films earlier, the real recognition came with *Train to Pakistan*. The role in *Veer Zaara* was also a milestone in my career. Nonetheless, the film industry is a fabulous place to be in. But you have to work hard to be in the reckoning.

■ **Who are the stars who inspired you the most?**

■ No prize for guessing. It is Amitabh Bachchan who wrote the foreword for this book and also released my first book. He is a superstar for a reason. I did my first movie with him in *Baghban*. But I was not happy with my role because it was a negative role. However, he made me realise that it was just a character I played. He treated me with so much love and respect. How many superstars do this to a newcomer?

Next comes the versatile Shabana Azmi. I got

my first opportunity to work with her in *Umrao Jaan*. She and Javed Akhtar always encourage me and give me positive feedback. I am lucky to work with her in movies like *Chalk N Duster* and *Sheer Qorma*.

■ **Your poem recitation at *The Kapil Sharma Show* and the lockdown poem went viral. Can we expect a book on poem now?**

■ Well the lines that I recited in Kapil's show were written by my brother and the poem *Jab Sab Theek Hoga* was written by me during coronavirus lockdown. In fact, Javed Ji (Akhtar) said that he will print my book, but on a serious note I am more of a prose person than poetry.

■ **Why don't we use our literary resources for the movies?**

■ It is not that. You can say the number of movies based on classics have come down. Earlier, works of people like Amrita Pritam, Bhisham Sahni and Vikram Chandra were adapted into films. So it has happened in the past and I am sure the trend will return again.

■ **Do you think character actors these days are getting more opportunities than before?**

■ Yes you are right. More content-driven movies are now made than before. Earlier, good actors (not stars) were seen appearing in blink-and-you-miss kind of roles in mainstream movies. But now they are getting their dues.

■ **It is said that streaming platforms are the future of entertainment. What would you say on this?**

■ It's not like that. I believe both big screens, OTT platforms and other forms of entertainment can co-exist.

■ **What are your future projects?**

■ Apart from *Dhaakad* which is ready for release, there is Dibakar Banerjee's movie. I am also working in *Sharma Ji Ki Beti* directed by Tahira Kashyap. This apart, there are two international projects and a few web shows I am working in at the moment.

Vaani talks about her dream team



Actress Vaani Kapoor is now looking forward to the release of her next movie *Shamsheera*. She says being part of the upcoming film was no short of a dream team.

Talking about 2021, Vaani said: "It's been a wonderful year for me as an artiste. *Chandigarh Kare Aashiqui* gave me the love and appreciation of audience which has just elated my heart. And what a great high to finish 2021 on."

"I am truly looking forward to my journey ahead in this world of cinema that I now call home."

Vaani will be seen next opposite Ranbir Kapoor in YRF's *Shamsheera* that is set to release March 18, 2022.

She said: "With *Shamsheera* set to release, I am very excited to bring another side of my acting forward for the audiences. Being a part of *Shamsheera* was no short of a dream team too."

Vaani also heaped praise on her co-star Ranbir Kapoor.

"Ranbir Kapoor my co-star, it was just beautiful working with an actor of his calibre. Working with YRF after a couple of movies also makes it even more special."

Vaani added: "I cannot wait for people to watch *Shamsheera* and hopefully appreciate the work we have put forth as a team."

IAN S

Kriti's love note for beau Pulkit

Pulkit Samrat turned a year older recently. On his special day, his ladylove Kriti Kharbanda penned a heartfelt note.

Kriti posted a monochrome photo of the birthday boy. She even shared a goofy selfie and it is too cute for words. The post was captioned as, "Heya handsome! I'm grateful for you. I really am. Today and everyday.

I wish you nothing but the best in everything you do. To love, peace of mind, prosperity and happiness! I love you babe. Happy birthday @pulkitsamrat ."

Ali Fazal also penned a note for his buddy. He posted major throwback photos with the *Fukrey* team and it will make you nostalgic. He wrote, "Oh man, HAPPY BIRTHDAY MERE BHAII MERE DOST. @pulkitsamrat. *Iss saal hum mile kam hain lekin mohabbat utni hee hai.* You bring the new tides along with the new year so hoping u lead us into good times. Love Ali."

AGENCIES



Adieu GODARD to premiere at 27th KIFF

POST NEWS NETWORK

Bhubaneswar: Odia feature film *Adieu GODARD*, written and directed by National Award winning director Amartya Bhattacharyya and produced under the banner of Swastik Arthouse will have its Indian premiere at the prestigious 27th Kolkata International Film Festival (KIFF) in January 2022.

The movie, an Indo-French production, revolves around its central character played by Choudhury Bikash Das. Shot extensively in Odisha, the film is a socio-cultural comic tribute to the legendary French filmmaker Jean-Luc Godard. Dipanwit Dashmohapatra, Sudharsri Madhusmita, Swastik Choudhury, Choudhury Jayaprakash Das, Shankar Basu Mallick, Abhishek Giri, Swetapadma Satpathy and Dr. Banikanta Mishra plays other important characters in the film.

Music of this film has been composed by the talented music director Kisaloy Roy, and popular icon of Rock music — Rupam Islam has rendered his first Odia song with this film. Director Bhattacharyya, also the writer, cinematographer and editor of the film, said – "Born and brought up in Kolkata, I know that KIFF is not just another international film festival but a true celebration of cinema on a very grand scale. It is therefore an unexplainable joy to have the Indian Premiere of our film in this City of Joy."

5 YEARS IN INDUSTRIES

Rashmika shares lessons she learnt

Actress Rashmika Mandanna, who has made a name for herself in the Tamil, Telugu, Kannada and Hindi film industries, recently, announced that she had completed five years in the film industry and shared some lessons she had learnt during this period.

Taking to social media, she wrote, "It's been five years of me in the film industry. Like woahhhh how did that happen. Guys, couple of things I've learnt all these years.

1. Time is flying by too fast make memories each day.
2. How to be truly genuinely happy from the bottom of the heart. I am happy.
3. I've realised nothing in life is easy. Got to always keep fighting for what you want. Be alert, be on your toes, be grounded, be grateful but always keep fighting.
4. But also be patient. Wait, be patient. Things will take its place.
5. Other people always have something to teach you, so always be open to learn. You should be able to unlearn and learn many things."

IAN S



Male Menopause is not a myth!

DR RAGHUVVEER KARNE

Male menopause/andropause exists! Yes, you heard it right. Hormonal changes occur both in men and women as part of aging. In women, menopause puts an end to fertility and it has clear-cut signs in comparison to andropause which occurs gradually in men. The most important male hormone Testosterone starts to dip in men after a certain age that can result in physical, sexual, and psychological issues. As per a report by European Urology Open Science, with advancing age, men experience a gradual reduction in circulating, biologically available testosterone. A decline in serum testosterone levels is thought to progress at a rate of approximately 1% per year from as early as age 30 years, and a noticeable decline typically occurs after the age of 50 years. Andropause is also known as Late-onset Hypogonadism/Androgen Decline in the Aging Male.

Andropause is not observed in all men and it doesn't completely stop the fertility potential of men. This is usually observed in men who are obese and have co-morbidities.

What conditions can aggravate Andropause?

Testosterone is a vital male sex hormone that plays a key role in the regulation of men's fertility. Increased or decreased levels of testosterone hormone can affect men in many ways. Some of the reasons that can aggravate Andropause are:

- Testicular injury
- Problems in the pituitary gland
- Obesity
- Infection of testicles
- Kidney disease
- Diabetes
- Some medications
- Genetic diseases like Klinefelter syndrome

Symptoms of Andropause:

- Fatigue
- Depression
- Infertility
- Insomnia
- Reduced sexual desire
- Erectile Dysfunction
- Development of breasts
- Reduced libido
- Loss of body hair
- Increased body fat

Andropause can be diagnosed by:

- Physical examination
- Blood tests (to check the level of testosterone)



Treatment

a. Lifestyle modifications can help men overcome many of the symptoms associated with Andropause. The following healthy choices can help.

- Exercise
- A healthy diet including low-fat foods, green veggies, etc.
- Quitting smoking and alcohol
- Meditation
- Reducing stress
- Getting adequate sleep

b. Testosterone Gel:

This gel has to be directly applied to the arms or shoulders. Some precautions have to be taken while applying the gel.

c. Testosterone Skin Patches:

Skin patch results in the steady release of Testosterone and this can be applied to the abdomen,

thighs, etc.

d. Testosterone Tablets:

Tablets are also used to treat the symptoms of male andropause. Men who have heart, kidney, or liver disease should not take these tablets.

e. Testosterone Injections:

This injection is given every 2 to 4 weeks.

Andropause is a normal issue that happens with aging in men and one need not panic. If you have any issues, consult an Andrologist for treatment and advice.



The author is a consultant andrologist

Priya



PHOTO: KUMAR SHARAT, OP