

# Reflections

Volume I, Issue I

April 2020



Keep  
calm  
and  
think  
of the  
beach.

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## Radiologist's Musings - Viral Parekh

Hi! Namaste,

This is Dr. Viral Parekh, a Radiologist from Kolkata, India. As you all know, we are living in an unusual time and facing the biggest crisis of our time - Covid - 19 - Corona Virus Disease.

I had no idea that in 21st. Century we would be facing a pandemic like this. All these years, the medical fraternity was under impression that our science has advanced so much that we have conquered most of the diseases and we are almost invincible. But here comes a microscopic organism and causes a havoc all over the world and we realize that how helpless we are. Is it a nature's way to make us humble? Is it Karma? Is it a biological warfare? Is it the nature's way of taking revenge and making us realize that how fragile is our existence? Is it a great equalizer - where no one is spared be it a Prince or be it a pauper.

As I am writing this in wee hours of 31st. March, 2020 and tomorrow is 1st. April. Is it nature's way of playing all fools day with us?

It is high time to introspect and reflect. We must realize that we are just travelers here and duration of journey is not known to us. But we must go on traveling and in the process try to find out the purpose of the journey.

So, when almost whole of the world is under lockdown and when I have some time to reflect, I thought of keeping my mind away from dreaded thoughts of pandemic. I remembered my class VIII to class X days, when I used to bring out my class magazine. I used to collect material from my classmates and used to write everything on a big paper and then used to give it my teacher, who after sanctioning it used to display it in school corridor.

Now in this digital age, it is much more easier to bring out Newsletter. So, I decided to publish a newsletter covering hidden talents of doctors and professionals from different places of India. But, this would not have been possible without the help of my medical college classmates and friends Satyam and Kanchan, whose work I have

displayed here.

A fellow Radiologist, Dr. Gurpreet Gulati from New Delhi is a passionate musician. His musical journey is just awesome and I am sharing his story here also.

Dear friend Dr. Raghuram Sekhar who was a drummer in our college band has also contributed by providing a brief history of Hindustani Classical Music.

Another fellow Radiologist Dr. Sanjeev Handique from Guwahati, Assam is a great painter and makes paper scale car models also.

My younger brother, Apurva, who is an avid traveler, has also provided some of his photographs.

So, please go through this newsletter and try to keep your thoughts away from dreaded Coronavirus.

So friends, take care and be safe. Being an optimist, I am sure we will overcome this pandemic and very soon we will be back to our normal life.

We shall overcome. Deep in my heart, I do believe that we shall overcome, someday.

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.” — Plato

“After silence, that which comes nearest to expressing the inexpressible is music.” — Aldous Huxley

## Music

“If I were not a physicist, I would probably be a musician. I often think in music. I live my daydreams in music. I see my life in terms of music.” — [Albert Einstein](#)



Dr. Gurpreet Gulati MD, is a fellow Radiologist and ex-faculty of AIIMS. He is a well known Cardiovascular specialist. But he found his inner calling in Music and pursues music with a passion. Here is his journey.



## DR GURPREET S. GULATI (AKA JOEROCKS)

- SINGER-SONGWRITER
- GUITARIST
- PERFORMER

## THE JOURNEY

*Dr. Gurpreet, a well known cardiovascular specialist, spent 20 years at AIIMS practicing interventional radiology.*

*Gurpreet is a multi-genre performer. He customizes his set list to include retro-bollywood, indie, sufi, Punjabi and English rock numbers.*

*He is a skilled lyricist and composer and collaborates with other musicians for making songs, background music, meditation tracks and jingles. He also takes guitar classes online.*

*At the age of 41, he found his inner calling in music. Having dabbled in music during college, he realized that re-exploring different musical genres came naturally to him. Six years later, he took voluntary retirement to pursue a full time career in music.*

*He especially loves to perform for his medical fraternity. As he understands the pulse of the audience, he instantly connects with them through his songs, be it a soulful sufi or a rocking number.*

## NOTABLE PERFORMANCES

1. Dr. Gurpreet with his band **The Joerocks Collective**, regularly performs at CMEs organized by medical societies all over India.
2. Besides he has performed at notable venues across Delhi including the Hard Rock Café and Café Blue.
3. Interviewed on Radio (94.3 FM)- 2016
4. Performed on Television (FOCUS NEWS)- FIFA 2014 and ICC World cup 2015



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## OTHER NOTABLE ACHIEVEMENTS

- **Founding member, AIIMS KALA SANGAM:** This cultural forum at AIIMS encourages expression of talent and art among AIIMS doctors, promoting interpersonal interaction and reducing work-related stress. AKS conducts several cultural events in AIIMS every year.
- **Founding member, AIIMS GOT TALENT 2019:** A mega event with 160 entries and two auditions, this event involved participation from all cadres of AIIMS staff in song and dance categories.
- **Member- Organizing team, FIRRY OPEN MIC:** a platform for emerging musicians, poets and comedians to showcase their talent at a popular venues across Delhi-NCR. The Firry Open Mic has hosted more 600 artists over the past 3 years at these events, some of whom have gone on to perform at bigger stages
- **JUDGE AND MENTOR,** for music competitions at college festivals and events.

## SOCIAL MEDIA LINKS

### YOU TUBE

Channel: <https://www.youtube.com/user/gurpreetgulati>

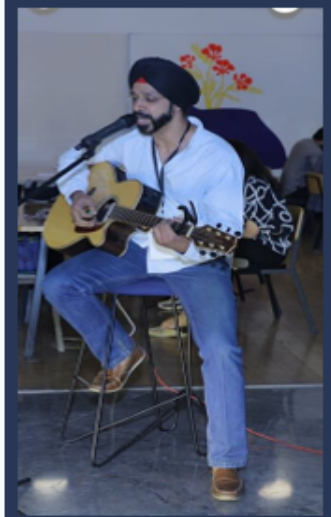
### FACEBOOK

<https://www.facebook.com/joerockscollective>

<https://www.facebook.com/gurpreet.gulati.12>

### INSTAGRAM

[Joerocks\\_aka\\_gurpreet](#)



## GET IN TOUCH!



### CALL

+91 8447254804

### WHATS APP

+91 9868084314

### EMAIL ADDRESS

[joerockscollective@gmail.com](mailto:joerockscollective@gmail.com)

## Music

"I think music in itself is healing. It's an explosive expression of humanity. It's something we are all touched by. No matter what culture we're from, everyone loves music." — Billy Joel

## Music

"Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness." — Maya Angelou



Dr.R.Sekhar  
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Dr. Raghuram Sekhar is also an alumni of R. G. Kar Medical College, Kolkata. He is one of the most colourful persons I have ever seen in my life. He is Raghu to us and was a drummer in our college band way back in early eighties. He has come out with a very interesting historical trivia on Hindustani Classical Music. It is quite informative. Just have a look.

### SOME HISTORICAL TRIVIA ON HINDUSTANI CLASSICAL MUSIC

Hindustani Classical Music, a form of Indian classical music is popular throughout the northern Indian subcontinent. It is a tradition that has been evolving since the 12th century CE, originating primarily in what is now North India and Pakistan, and to some extent in Bangladesh. Nepal and Afghanistan, Today, it is one of the two subgenres of Indian classical music, the other being Carnatic music, the classical tradition of South India.

The tradition was born out of a cultural synthesis of several musical traditions the Vedic chant tradition, dating back to approximately one thousand BC, the equally ancient Persian tradition of Musiqi'e assil, and various folk traditions prevalent in the region. Performers who reached a distinguished level of achievement were awarded titles of respect; Hindus usually referred to as Pandit and Muslims as Ustad. An aspect of Hindustani music going back to Sufi times is the tradition of religious neutrality: Muslim ustads sing compositions in praise of Hindu deities, and vice versa.

Around the 12th century, Hindustani classical music diverged from what eventually came to be identified as Carnatic classical music. The central notion in both these systems is that of a melodic mode or raga, sung to a rhythmic cycle or tala. The tradition dates back to the ancient Samaveda (sama meaning "ritual chant"), which deals with the norms for chanting of srutis or hymns. These principles; were refined in the musical treatises Natva Shastra, by Bharata (2<sup>nd</sup>-3rd century CE), and Dattilam,(probably 3rd-4th century CE). In medieval times, the melodic systems were fused with ideas from Persian music, particularly through the influence of Sufi composers like Amir Khusro and later in the Moghul courts. Noted composers such as Tansen flourished, along with religious groups like the Vaishnavites. After the 16th century, the singing styles diversified into different gharanas patronized in different princely courts.

## Music



# Music



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Dr. Raghuram Sekhar is also an alumni of R. G. Kar Medical College, Kolkata. He is one of the most colourful persons I have ever seen in my life. He is Raghu to us and was a drummer in our college band way back in early eighties. He has come out with a very interesting historical trivia on Hindustani Classical Music. It is quite informative. Just have a look.

## SOME HISTORICAL TRIVIA ON HINDUSTANI CLASSICAL MUSIC

Until the late 19th century, Hindustani classical music was imparted on a one-on-one basis through the guru shishya tradition with its inherent advantages and drawbacks. At the turn of the century, two great stars emerged on the horizon: Vishnu Digambar Paluskar and Vishnu Narayan Bhatkhande. Around 1900, Bhatkhande consolidated the musical structures of Hindustani classical music, called Ragas, into a number of Thaats. Independent of each other, they spread Hindustani classical music to the masses in general, and the Marathi middle class in particular. These two gentlemen brought classical music to the masses by organizing music conferences, starting schools, teaching music in classrooms, and devising a standardized grading and testing system, and standardized the notation system. Though traditions are largely still respected and adhered to, there have been subtle changes, with the harmonium replacing the traditional sarangi in most performances.

That in short, is how modern Hindustani classical music has evolved.





Dr. Satyam Kumar Maiti  
MBBS, DO, MS  
Consultant Ophthalmologist  
Aaloey - Phera,  
Contai, Purba Mednipur,  
West Bengal, India.

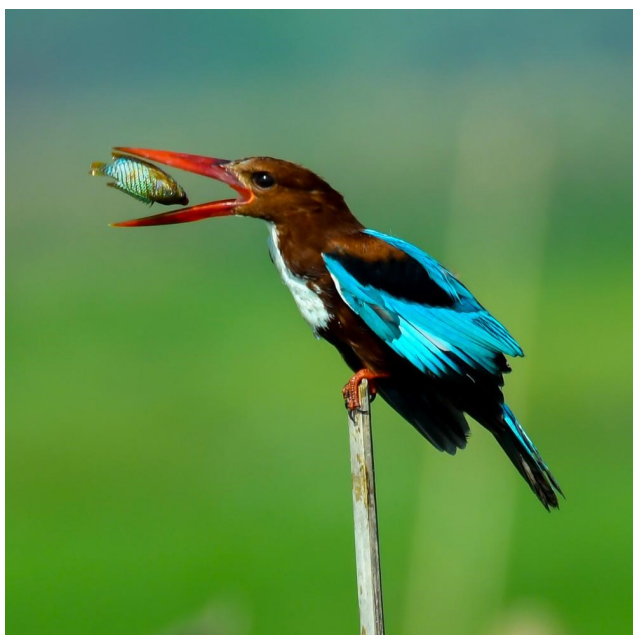
Dr. Satyam Kumar Maiti is an Ophthalmologist by profession and ex-student of R. G. Kar Medical College, Kolkata. He is an avid photographer and bird watcher. He roams around the world with his camera. He is one of my classmates and dear friend. We call him modern day Salim Ali {famous Ornithologist}. His work is amazing and inspiring. He uses Nikon D 500 camera with Nikon 600 mm f/4, Nikon 300 mm f/4 and Tamron 150-1600 mm. lenses. Here is his some of his work. Just get drenched into it.



Rufous necked female Hornbill



Blue throated barbet



White breasted Kingfisher



Asian Paradise Flycatcher



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MBBS, DO, MS  
Consultant Ophthalmologist  
Aaloey - Phera,  
Contai, Purba Mednipur,  
West Bengal, India.



Pond Heron



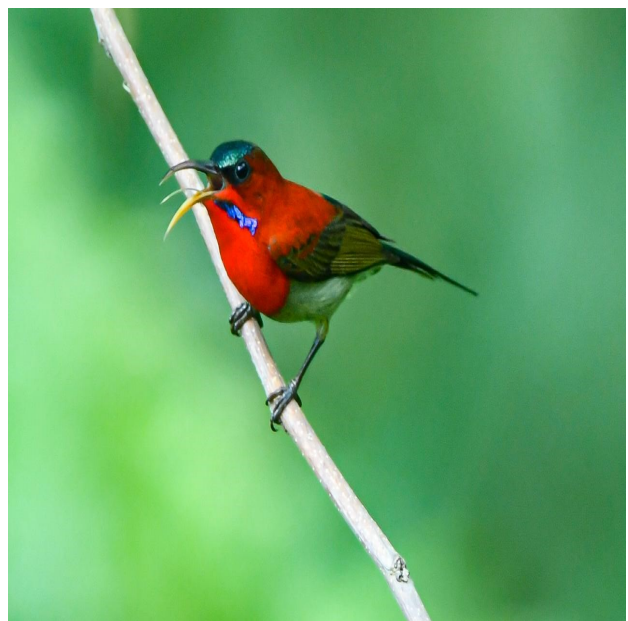
Common Hoopoe



Silvered eared Mesia



Osprey



Crimson Sunbird



Dr. Apurva Parekh  
MBBS  
Physician,  
Kolkata

**Dr. Apurva Parekh is my younger brother. He is a general physician and an avid traveler. Here are some photographs of birds taken by him in Keoladeo National Park, Bharatpur, Rajasthan.**





Dr. Kanchan Pathak  
MBBS, DGO, MS  
Consultant ENT Surgeon,  
Nayagram Multispecialty Hospital  
Govt. of West Bengal,

Dr. Kanchan Pathak is an Otorhinolaryngologist by profession and ex-student of R. G. Kar Medical College, Kolkata. He is also one of my classmates and one of my oldest friends from the class. He is a self taught painter and painting is his passion and he mesmerizes the womenfolk with his art. Here are some of his oil and water colour paintings. I am sure you will love it.



Kashi Vishwanath Temple, Varanasi



Varanasi Ghat



Varanasi Ghat



Varanasi Ghat



Dr. Kanchan Pathak  
MBBS, DGO, MS  
Consultant ENT Surgeon,  
Nayagram Multispecialty Hospital  
Govt. of West Bengal,



Village Huts



Jhargram



Manicktola Bazar Clock Tower



Riverside

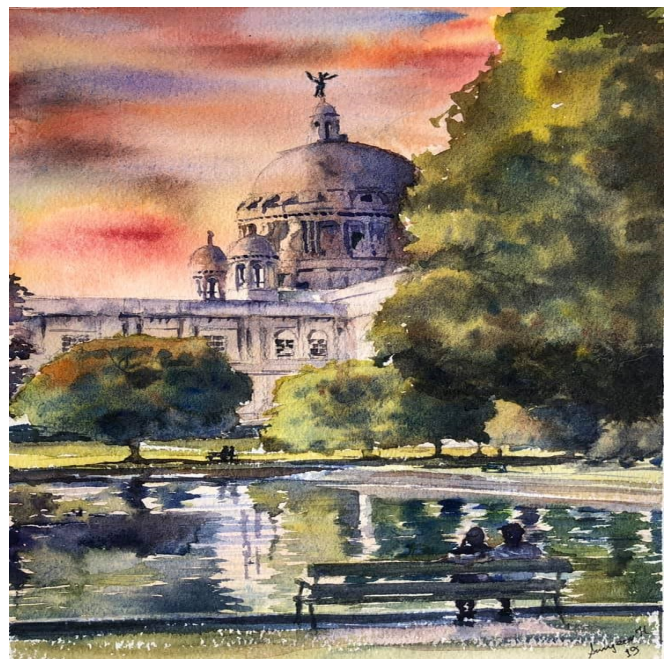


Dr. Sanjeev Handique,  
MBBS, MD  
Director Radiology & Imaging  
GNRC Sixmile Hospital  
Guwahati, Assam

Dr. Sanjeev Handique is a fellow Radiologist from Guwahati. He is an ex-student of Assam Medical College. He excels in painting and makes paper scale models of cars also. In this issue we will go through some of his paintings and in next issue we will see his paper scale models of cars. He is a self taught painter. He is big time into cycling also. Here are some of paintings. I am sure you will love it.



After a rainy day in Guwahati. A5 water colour.



Victoria Memorial, Kolkata. Water colour



Fancy Bazar, A4 Water colour.



Wooden Bridge, Guwahati, A5 Water colour



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MBBS, MD  
Director Radiology &  
Imaging  
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Guwahati, Assam



Fishing for Bihu in a beel, North Guwahati. A4 water colour.



A village in the Western Ghats, Maharashtra. A4 watercolour on 300 gsm Campap cotton paper



Tangra Satra @ Rukminigaon Guwahati. A4 sized watercolor

“Calcutta is not for everyone. You want your cities clean and green; stick to Delhi. You want your cities, rich and impersonal; go to Bombay. You want them high-tech and full of draught beer; Bangalore’s your place. But if you want a city with a soul, come to Calcutta.”

– Vir Shanghvi

## Calcutta Canvas

“I think Delhiites know how to party, but Kolkata has people who know how to celebrate.”

– Gautam Gambhir

### Calcutta Canvas - Story and Photographs - Viral Parekh

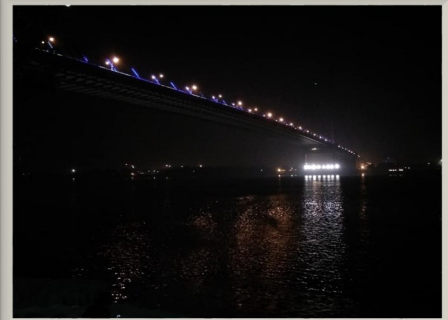
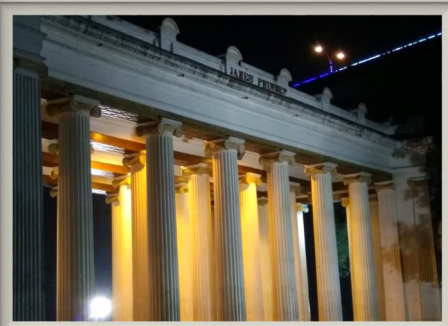
Prinsep Ghat is a Ghat on river Hooghly in South-west of Kolkata, where you can see a monument named after James Prinsep. He used to work as Assay master in Calcutta mint and simultaneously took charge of Asiatic society of Bengal as Secretary. He is best remembered for deciphering the Kharosthi and Brahmi scripts of ancient India. He expired in 1840.

In 1841, citizens of Calcutta constructed monument on the bank of river Hooghly in his remembrance which stands tall even today. This monument was in bad shape and in the eighties and nineties was almost a haunted place. This monument was renovated in 2012. Quite a few films were shot there. Parineeta was one of them.

I have special affinity for this particular place, because from 1965 to 1990, I used to live in a street named after James Prinsep. The street was Prinsep Street but was wrongly spelt as Princep street. Around 3 decades back, Statesman newspaper had written a short article that the street should be spelt as Prinsep not as Princep, but no one paid any attention to this. This street still continues to be known as Princep street.

There is a street named after Prinsep in Bombay also, which is rightly spelt as Prinsep Street. Whenever I am in Bombay, I try to visit the place because there is a huge market of pens there and my fascination for pens draws me there.

Here are some photos of Prinsep monument and the adjacent ghat.



## Lockdown Art - Samadrita Ghosh, Final Year, Bachelor of Designing, IIT, Guwahati.



### Next issue in June 2020

We will be bringing out such Newsletters with a frequency of one issue every two months. So, next issue will be published in June, 2020.

I am hereby inviting all the professionals who indulge in extra-curricular activities to share her/his work with me and if it is of good quality, we will surely publish it.

So, I request all of you to contribute to this Newsletter. Please send your material in Word format with good quality images. Please send your photograph and details of your place of work with email address also.

Your material should reach us by 15th. Of May, 2020. You can send the word file to my WhatsApp number 98300 92244 or my email:

[viralparekh@hotmail.com](mailto:viralparekh@hotmail.com).

So friends, take care and be safe. Being a hard core optimist, I am sure we will overcome this pandemic and very soon we will be back to our normal life.

We shall overcome. Deep in my heart, I do believe that we shall overcome, someday.

So long,  
Viral Parekh.



Painting by Kanchan Pathak