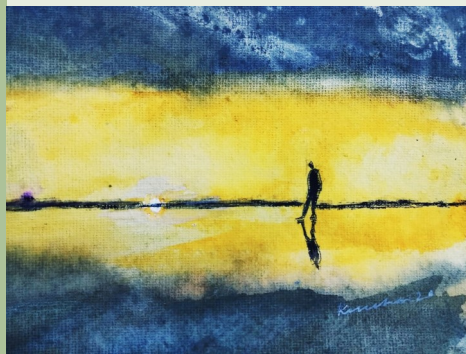




Reflections

Volume 1, Issue 2

May 2020

The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking. – Albert Einstein

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The meaning of life is to live a meaningful life - Bill Phillips.

Radiologist's Musings - Viral Parekh

Namaste,

This is Dr. Viral Parekh, a Radiologist from Kolkata, India. It is quite satisfying to bring out this second issue of Reflections. It was supposed to be published once every two months but due to an overwhelming response, it has been decided to bring it out every month.

Corona virus is still wreaking havoc and other deadly virus epidemics such as Dengue, Ebola and Zika are on the rise. Bacterial diseases such as plague and cholera are almost non-existent today because of effective antibiotic treatment.

It compels me to think that where did we go wrong? Overpopulation, exaggerated international travel, predatory dietary habits, global climate change have led to virus pandemic. In major metro cities of the world people stay in match box sized apartments and even slums. People living in such overcrowded and unhygienic conditions easily transmit infections amongst themselves. To save the mankind from such pandemics, we will have to change our lifestyle and dietary habits forever. Whether we need to stay in overcrowded metros is also a dilemma.

It also makes me think that were our priorities wrong? We go gaga over film stars and cricketers. But always doubt medical professionals and scientists - be it doctors, nurses, technicians and other paramedical staffs.

Nurses and paramedical staffs who work relentlessly are paid a measly salary. It is this team of Doctors and paramedical

professionals who are risking their own lives and are trying to save mankind from this crisis. It will be scientists who will bring out vaccine against this Corona virus. Neither any cricketer nor any film star is going to save you.

We discourage our children to become a doctor or a scientist. We encourage them to undertake a commerce course and get a plush job and have a comfortable life.

This pandemic has exposed so called superpowers also. We have arms and nuclear weapons to kill each other and finish off the world. But we don't have enough basic medicines and ventilators to save mankind.

We have been all very busy participating in rat race and in the process, we have forgotten that we need to take the time to smell the flowers as we travel.

Were not our priorities wrong?

We need more medical colleges, affordable hospitals, concrete scientific research and development departments.

We need to help each other and save humanity. We are not here to kill each other. We are here to save each other.

With that being said, there are some pros of this pandemic also. Nature is healing. Pollution has reduced drastically and birds are chirping merrily. Birds and animals which we had never seen in busy places of world are coming out and roaming on the streets.

So, there is a lesson to be learnt

- we have to co-exist with nature, we should not try to maul or master it.

This issue would not have been possible without the help of my friends Satyam, Kanchan and Sanjeev Handique, who have provided me their work as they did in last issue.

Dr. Rati Vajpayee, an Oncologist and Didi to me has provided few of her fantastic paintings.

Dr. Sushanta Bhadra, a very dear friend has not only added some glamour to this issue of Reflections but also shared his experience as a patient of Covid-19.

Dr. Simi Gulati, an ophthalmologist from Delhi is a versatile artist. Some of her work is also displayed here.

A fellow Radiologist Dr. Nivedita Chakravarty and a pediatrician Dr. Debjani Gupta have penned beautiful poems on prevailing circumstances.

Dr. Bijon Kundu, a close friend has shared his hobby of collecting war artefacts with us.

Dr. Malay Nandi, an oncologist by profession has also given us his exemplary collection of wild life photography.

Dr. Rajnish Duara, a renowned Cardiothoracic surgeon has also contributed some of his exemplary photographs.

So friends, take care and be safe. I hope we have proper vaccine and treatment for this Covid-19 shortly. I also hope this pandemic passes soon and we proceed to lead a new normal but responsible and meaningful life.

“Life seems to go on without effort when I am filled with music.” – George Eliot

“The music is not in the notes, but in the silence in between.” – Wolfgang Amadeus Mozart

Music

“Music can name the unnameable and communicate the unknowable.” – Leonard Bernstein



Friedrich Nietzsche was a famous German philosopher who quoted these wonderful words. According to him “without music, life would be a mistake”. Music is the only way to connect mind, body, and soul with the threads of harmony and sensations. A person finds himself with the help of music. Music has no language. How right he was. Here is a little classification of Musical Instruments.

Musical instruments are classified using 5 different categories depending on the manner in which the instrument creates the sound:

Idiophones:

Sound is produced by the body of the instrument vibrating, rather than a string, membrane, or column of air.

Examples in this category are Xylophones, Cymbals, Rattles, Bells.



Membranophones:

Sound is produced by the vibration of a tightly stretched membrane. Examples in this category are Drums, kazoos, Bowed instrument.



Chordophones:

Sound is produced by the vibration of a string or strings that are stretched between fixed points.

Examples in this category are Musical bows, harps, tube fiddle, violins, viola, cello, bass, guitars



Aerophones:

Sound is produced by vibrating air.

Examples in this category are accordion, harmonica, flutes, recorder, oboes, clarinet, saxophone, trumpet, trombone, euphonium, tuba.



Electrophones:

Sound is produced by electric action or amplification. Modern day synthesizers come under this category.





Dr Debjani Gupta
DCH MRCP (UK)
Consultant paediatrician and
neonatologist
Narayana Multispeciality Hosp
Howrah
Zenith Superspeciality Hosp
Kolkata.

Dr. Debjani Gupta is a pediatrician by profession. She is also an ex-student of R. G. Kar Medical College, Kolkata. She is now a Consultant at Narayana Multispeciality Hospital. Here is one of her poems. I am sure you will like it. The photograph consistent with theme of the poem is also taken by her.

The Daily Path

A ticket for a round trip please.
Where to?
To a gentler caring world, at least for to-day.

The Conductor smiled at the naive request,
A word of caution...
Co passengers happy and sad the quiet and the brash,
Would travel alongside part of your way.
Make room for them you must while looking after your space,
As you travel the tracks till the end of the road.
Make your choice well where you alight for the day,
The desired and perceived may be at variance with the real.
The terrain can be slippery and rocky,
No green pastures promised.
The weather turbulent and stormy,
No mellow sunshine promised.
A helping hand with kind words would be good fortune,

When searching for ways amidst the swirling deafening crowd on arrival.

But step down you must to brave the elements,
And travel the daily path with the changing tracks.

With a reassuring thought...

It is a time bound round trip , at the end of the day....

The good the bad the ugly, all have their predetermined entrances and exits.

So somewhere alongside the fury of the raging storm,

There lies comforting sunshine.
So somewhere alongside numbing despair
There lies hope, faith and belief.





Dr. Nivedita Chakrabarty
M.B.B.S., DNB (Radiology),
Fellowship in Musculoskeletal
Radiology.
Consultant Radiologist at Tata
Memorial Hospital, Mumbai and
TMC-ACTREC, Navi Mumbai.

Dr. Nivedita Chakrabarty is a fellow Radiologist. She is now a Consultant at Tata Memorial Hospital, Mumbai. She is an ex-student of Government Medical College, Nagpur. She is a multilinguist and can speak and write English, Hindi, Marathi and Bengali. Here is one of her poems, consistent with the times we are going through. I am sure you will like it.

Rendezvous with Reality

Amidst the chaos
Amidst the silence
Amidst the altercation
Amidst the repercussion

I sit and ponder, was it really necessary?

Amidst the calamity
Amidst the fragility
Amidst the fear
Amidst the oblivion

I sit and ponder, was it really necessary?

The disdain look
The pretentious move
The brazen brawl
The heartless call

Was it really necessary?

The contorted truth
The malicious groove
The disguised motive
The futile conflict

Was it really necessary?

The pseudo friendship
The emotional hardship
The sleepless nights
The unheard cries

Was it really necessary?

The invisible 'virus' with powers replete
Has bestowed the wisdom
what leaders couldn't preach

The desolate land
These moments of despair
Has taught us not one
but revelations myriad

It has brought us the calmness
It has brought us insight
It has helped us differentiate
the truth from disguised

Mortals are we
Our life is just one
Then why is the fight?
For what is the run?

The kind eyes we need
The amiable soul we seek
The alacrity to render
Helping hand we plead

Coz

Mortals are we
Our life is just one
Then why is the fight?
For what is the run?



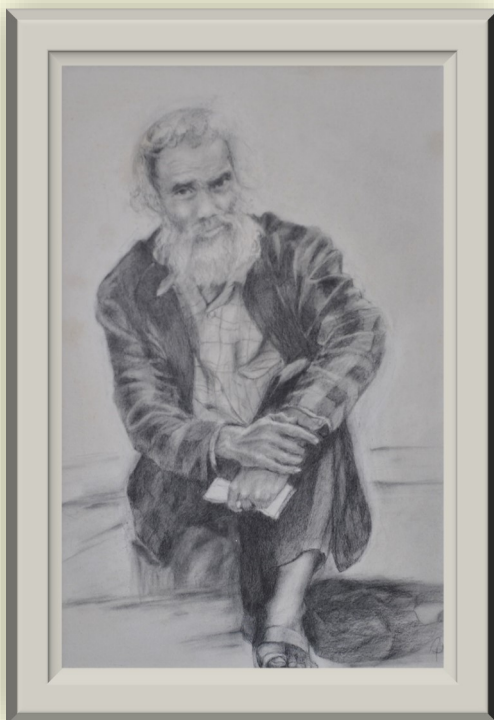
Dr Rati Chand Vajpeyi
MD (PGI) Rad.Onc, FISCC
(OX) , CANcoach, CRA,

Dr. Rati Vajpeyi is an Oncologist by profession and ex-student of National Medical College, Kolkata. She is now based in Canada. She is currently visiting professor at Pravara Institute of Medical Sciences , Loni, Maharashtra, India and she is also studying Classical Homeopathy at Canadian College of Homeopathic Medicine. She is Founder Vice President of Cancer Care India (CACI), Founder and Former Managing Trustee of PRERAK -support for cancer fighters and other major illnesses. Her paintings are internationally exhibited and partial proceeds go towards patient care. Here are some of her paintings. Each of her paintings has a story and none are done from a Photo. They are all real life. I am sure you will love it.

Her Facebook Page is Artbyrati.

Her Website is www.artbyrati.com.

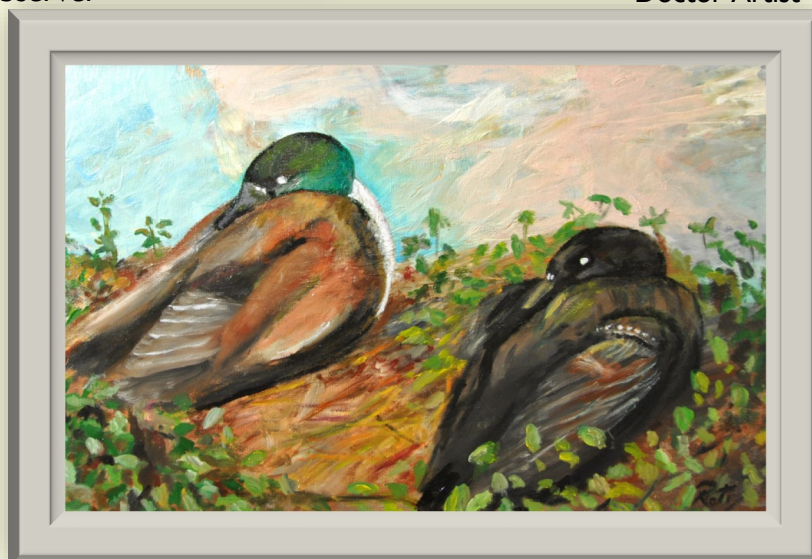
Instagram : rati54



Observer



Doctor Artist



Friends



Dr Rati Chand Vajpeyi
MD (PGI) Rad.Onc,
FISCC (OX) , CAN coach,
CRA,



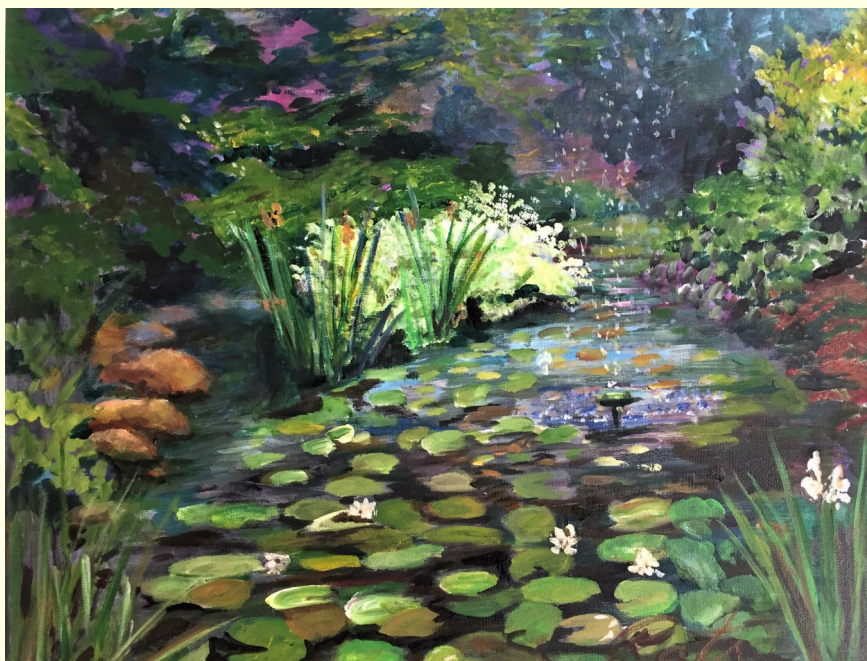
Dr. Vajpeyi working on her art.



Village belle



Dancer



Water



Dr Simi Gulati
Specialist and Head of
Department
(Ophthalmology)
Charak Palika Hospital
(NDMC), Delhi

A multitasking artist, Dr. Simi Gulati has had a passion and flair for art and craft for long. She loves to work on all types of media to express her ideas, exploring myriad art forms and using vibrant colors. She truly believes that an artist need not follow any rules, except those that emanate from the heart. She loves to paint human figures and everyday situations. Her art can provoke you, make you emotional, or leave you bewildered.

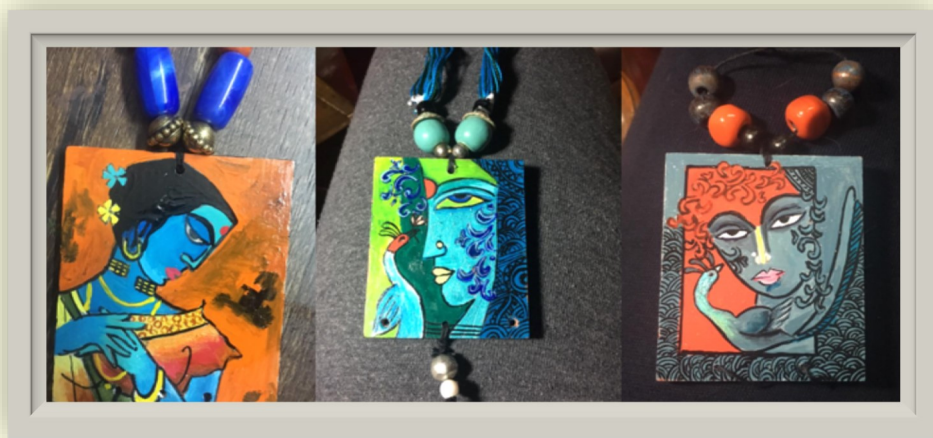
Currently she is breaking out into the art scene, having exhibited her work at small but significant locales around the city. She has won accolades from peers and friends, both on online and offline forums. Here is her some of her art as well as craft.

Connect with her on:

Facebook: <https://www.facebook.com/doctorartist>

Instagram: @simigulatimakkar

Pendants



Madhubani Art



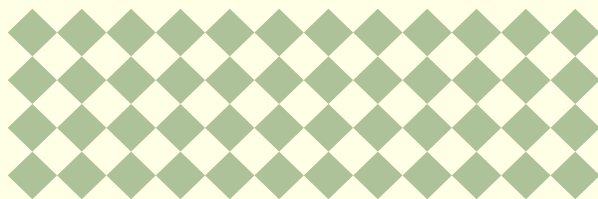


Dr Simi Gulati
Specialist and Head of
Department
(Ophthalmology)
Charak Palika Hospital
(NDMC), Delhi



Wall Clocks

Paintings





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

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 paintings.



Village Road



Glimpses of Village Mokrapur – I



Glimpses of Village Mokrapur – 2



Glimpses of Village Mokrapur – 3



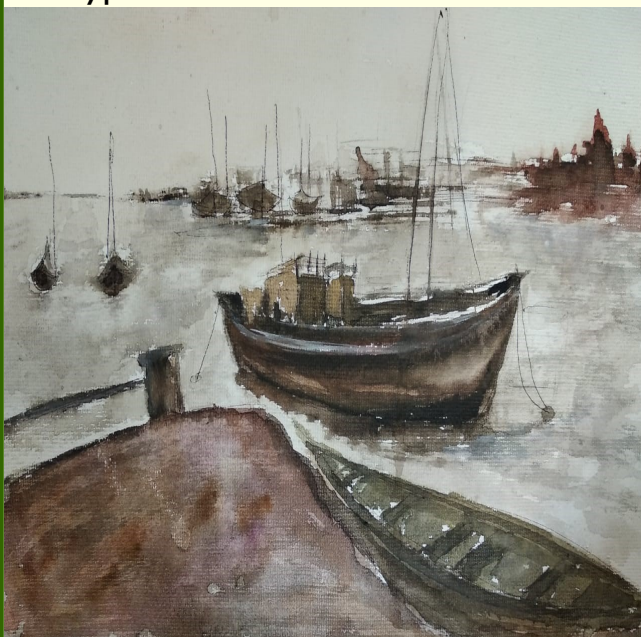
Dr. Kanchan Pathak
MBBS, DGO, MS
Consultant ENT Surgeon,
Nayagram Multispecialty Hospital
Govt. of West Bengal,



Udaypur Beach



Udaypur Beach



Harbour



Udaypur Beach



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. There was lot of appreciation for his work in last edition. Here is more of his work in this second edition. The first picture here is a rare variety of Kingfisher called Brown Winged Kingfisher. He had to travel four times to Bhitarkanika, Odisha to get this one click.



Brown winged Kingfisher



Shikra - A bird of prey



Brahminy Kite {juvenile}



Great Egret with fish catch



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



Indian Roller



Purple Heron with fish Catch

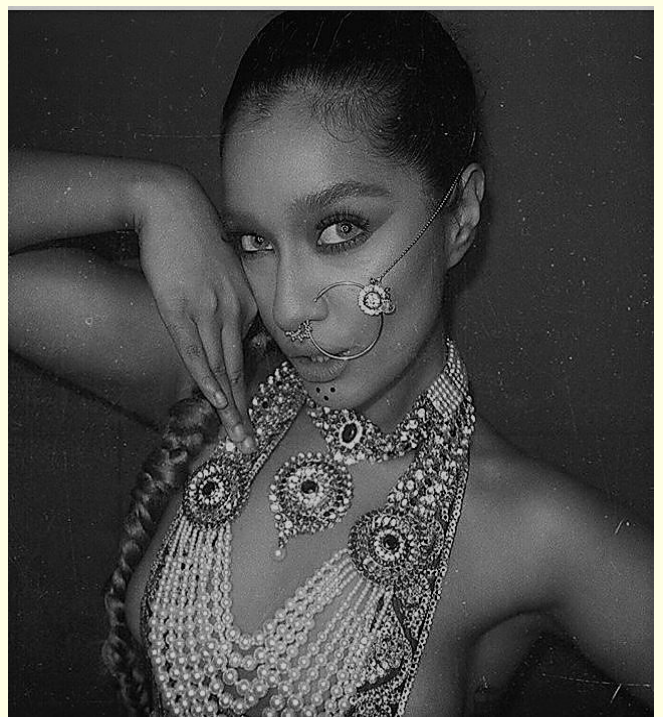
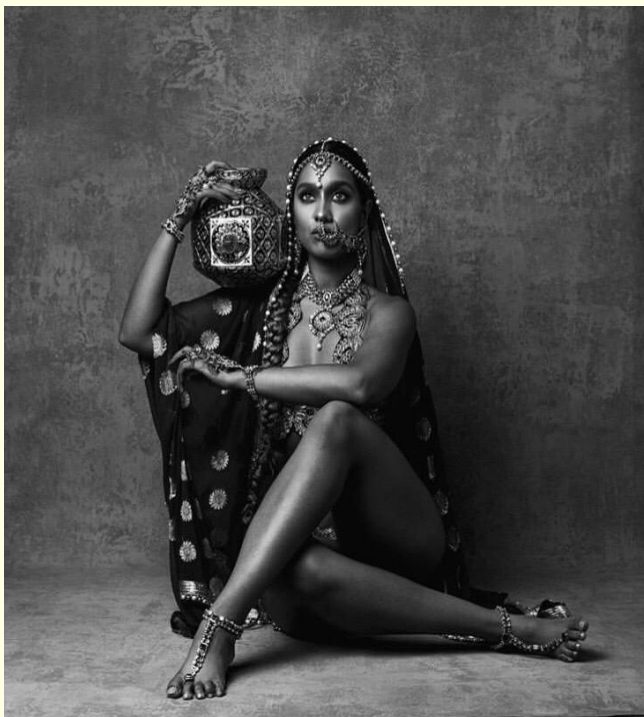


Purple Heron with snake catch



Mr. Sushanta Bhadra,
MBBS, MD, DTMH, DNB,
FRCOG, FRCGP, LLB.
Clinical Director,
North Bexley PCN
United Kingdom.

Dr. Sushanta Bhadra is also my classmate and a very dear friend from R. G. Kar Medical College. He is probably the most qualified amongst my 150 classmates of our Medicos-80 batch. He now stays in Bexley, Kent, UK. He, his wife and daughter recently suffered from Covid-19. He has written a diary of his course of illness, which is also being published here to create and awareness. In spite of a very busy schedule, he still manages to pursue his passion for glamour photography. Some of his work is here and I am sure you will love it.





Dr. Rajnish Duara
MBBS, MS, MCh (CTVS)
Cardio-thoracic Surgeon

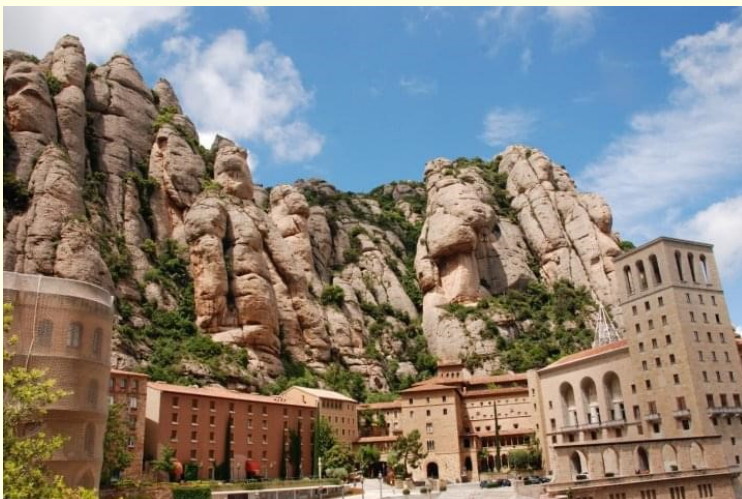
Dr. Rajnish Duara is a Cardiothoracic surgeon by profession. He is Chief Consultant Surgeon at Narayana Hridayalal Hospital, Guwahati, Assam. He is a great violinist. He is a culinary expert also and loves to travel. Here is some of his work.



**Bridge on Arno river,
Florence. As dusk sets
in...**



**Brussels centrum, the flower
carpet.**



**Monastery of Montserrat,
holding the black Madonna.**



Dr. Rajnish Duara
MBBS, MS, MCh (CTVS)
Cardio-thoracic Surgeon



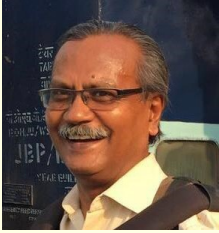
Matala Beach, Greece.
Name is synonymous to
Hippie culture. The
caves were Roman burial
chambers. Graffiti adorn
the inside of these empty
caves.



Michelangelo's masterpiece,
inside Sistine Chapel.



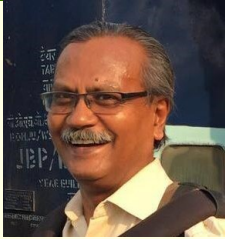
Louvre at night, Paris.



Dr. Malay Nandy, MD
Director Medical Oncology,
Jaypee Hospital, Noida, UP.

Dr. Malay Nandy is an Oncologist by profession. He is Director of Medical Oncology, Jaypee Hospital, Noida. He loves to travel. Wild life and nature photography are his passion Here is some of his work from jungles of Africa.





Dr. Malay Nandy, MD
Director Medical Oncology,
Jaypee Hospital, Noida, UP.





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 last issue we had gone through some of his paintings and in this issue we will see his paper scale models of cars. He is a self taught painter. He is big time into cycling also. Here is his craft.



Hobbies



Dr. Bijon Kundu,
MBBS, DMRD
Consultant Radiologist
Eko-Xray and Imaging
Institute

Dr. Bijon Kundu is not only a fellow Radiologist and also a batch mate and very close friend. He is a co-founder of Calcutta Academy of Radiology along with Dr. Anup Sadhu and yours truly. He has a very aberrant hobby of collecting toys of Soldiers ranging from World War II to present day armed forces of the world. He also collects toys of models of cars, ranging from Ambassador to Hummer. He has continued with his childhood hobby. In other words, he has not allowed the child in him to wither. In this issue, we will see his collections of armed forces.



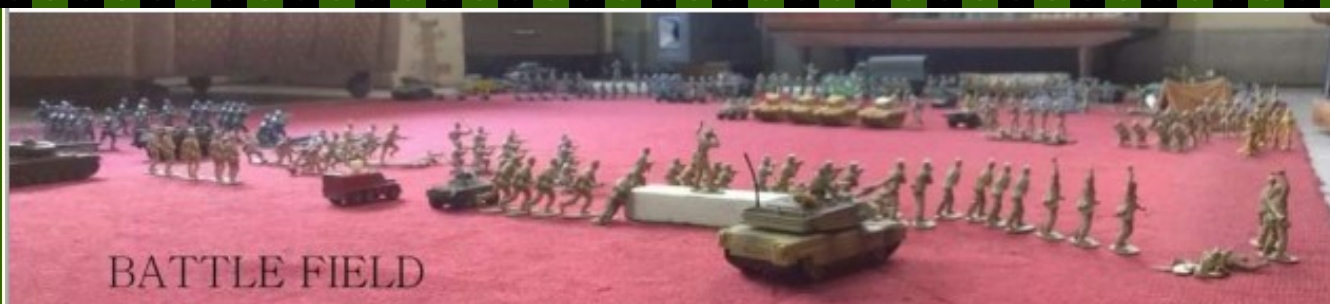
Hobbies



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INDIAN ARMY



BATTLE FIELD



MODERN BRITISH INFANTRY



MISSILE LAUNCHER



LUFTWAFFE AIRPORT



JAPANESE INFANTRY



BRITISH 8TH ARMY



GERMAN INFANTRY



Mr. Sushanta Bhadra,
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Clinical Director,
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PC

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THE DIARY OF A COVID SUFFERER

Day 1- FRIDAY 3RD APRIL

Started out normally. I have been feeling a bit under the weather for the last week or so, but I think it was more to do with my work. Besides the ILL performance in this COVID situation is not great and I have been on the phone almost every day looking at the governance.

Went to the GP hub this evening and came home at around 8 pm and promptly started shivering. It was as if a somebody was walking over my grave. The shivering and chattering continued for a couple of hours and even my heated under blanket did nothing. Like the good doctor I am – forgot to take my vitals.

A very fitful night. Did not sleep well. hands and feet are freezing cold – very uncomfortable.

Day 2- SATURDAY

Woke up not too bad. Last night was a one off and I went to work as usual. Pretty good any with only a few telephone calls for the morning and then a few meetings over ZOOM trying to sort the hot hub in Bexley up to see COVID patients. My head seems funny. its what my patients call a fuzzy head (now I understand). Mildly nauseous. I am pretty certain that I am coming down with something. Hope it's not COVID. No cough or wheeze – probably not.

Feel tired though.

DAY 3 – SUNDAY

Still tired and achy. Anu took me to the hospital to get a COVID test done. I am slightly hoarse, and my morning coffee did not taste great. Otherwise I feel fine. Decide to sleep it out. However, I am slightly breathless when walking.

DAY 4 – MONDAY

Went to the surgery but could not get my work done. Ronik says I sound tired and hoarse. Got lots of pain in both eyes. It's a funny pain – sharp and persistent all over the eye. No photophobia but the eye pain is making things difficult to focus on. Appetite is going down and had a couple of episodes of diarrhoea.

D5 TUESDAY

Went to work as usual. Feeling good but the head seems muzzy. Very stressful day. Got into an argument with the coroner's office re cause of death for a patient. Coroner has threatened to take me to the GMC. Had to get in touch with the MDDUS.

Went shopping at Waitrose. Had to maintain social distancing. Got through ok and at least I got the eggs and bread and a couple of poussins. Looking forward to sticking them in the oven for dinner. Feeling a bit faint. Anyway, home and to bed.

Addendum – no dinner – don't feel like eating.

D6 – WEDNESDAY

Decide to go to surgery. I am isolating and doing only phone calls. Mild fever but tolerable. have become a bit slow. I sound hoarse and feel tired. Lots of myalgia esp. in the legs. My chest feels a bit tight and I start on my inhalers. General malaise and intense tiredness. Came back at lunchtime and promptly to bed.

D7 THURSDAY

I have worsened. Seems to be very sudden. Tried the O2 saturation monitor (my daughter insisted) shows O2 saturation of 94-95 decompensating after even minimal exertion. My hands and feet are burning. I can also feel my pulse racing at 150. My daughter listened into my chest – bilateral coarse creps. Temp seems to be ok but I am struggling to speak. I am being forced to go to emergency room {A&E} by my daughter.



Mr. Sushanta Bhadra,
MBBS, MD, DTMH, DNB, FRC-
OG, FRCGP, LLB.
Clinical Director,
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PC

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Pleasantly surprised – A&E is empty. I am promptly taken to an observation bed and checked out. Seems running a temp of 39. – don't feel that bad. ABG shows significant hypoxia and I am put on nasal oxygen. Also had a couple of litres of fluid as my bloods show some hyponatremia and evidence of dehydration. Base excess seems to be ok. Has some intravenous paracetamol and penicillin.

The SHO comes around to discuss the findings. Bloods are actually good with normal lymphocytes and neutrophils. CRP is raised as are d dimers with LDH. Surprisingly, chest Xray seems ok with no changes consistent with Covid. I stay in for observation and will probably go home early tomorrow. I know my wife and daughter are worried. I am as well. I

don't want to go down the route of ventilation.

A couple of hours later I feel better. Temp has come down and so has my pulse rate. The O2 saturation are holding steady on air now. Not on oxygen.

D8 FRIDAY

Back home – now both Anu and Tutu are febrile. The hospital rings to say I am Covid positive. I have started on paracetamol and co-amox. Drinking plenty of fluids – at least 3 litres a day. Trying to eat but don't like it all. Don't like tea and coffee.

Getting get well messages from everybody – CCG / NHSE and my colleagues and patients as well. Viral rang and so did Pinak, - this cheer me up a bit I do not feel like talking – getting breathless. Sankar rang – worried and told me off that I did not tell him.

Came across some deep breathing exercises from Dr Munshi in London. Seems useful and logical. I have started doing it at least 3-4 times a day. And am lying prone. Want to avoid DVT – so started on apixaban.

D9 SATURDAY

Had a chat with my daughter's colleague - a med reg treating Covid patients. These youngsters are far better than we were at their stage. Went through my findings and very reassuring but warns me that the next 2-3 days are critical as that is where the deterioration happens. Plenty of fluids and paracetamol.

O2 saturation steady on air at 95-96. I am spending most of my time in bed watching Mahabharat over you tube.

My daughter, Tutu must go back today to work but promises to come back. (she is behaving like her father!!) She seems fine. Anu [my wife] is down with diarrhoea and vomiting primarily. No respiratory symptoms. She has tested positive too.

D10 SUNDAY

Still the same thankfully. Viral and Pinak are ringing me daily. Got some food delivered by courier from Usha, Ashwini dropped in as well with idlis and some shopping. I am grateful for colleagues like her. They are very concerned.

D11 MONDAY

New symptoms of sore throat and a dry cough. Temp still around 38. I have some diarrhoea well. The inhalers (fostair) helps a bit but only temporarily. Religiously doing the breathing exercises. I have also changed the way I am lying down-prone – seems to be easier.

D12 TUESDAY

Holding steady. The cough is irritating. I have some grand mariner and Glaxo in stock. Had a couple of pegs with hot water honey and lemon. Does sooth the throat. Clinically I do not feel any deterioration but no improvement either.



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OG, FRCGP, LLB.
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DAY 13- 15

Really getting bored. Lying in bed all day. I have run through doctor in the house/ robin's nest/ bless this house /to the manor born. Don't like you tube anymore. I am coughing away and drinking hot toddys . The good thing is I feel ok. Clinical parameters seem to be ok. O2 saturation is not desaturating as they were but still around 95. The tachycardia is persistent, and I am now worried regarding myocarditis. I am on co-mox/apixaban and paracetamol. Occasional inhaler. Sleeping is difficult and my circadian rhythm is shot to pieces. I am also getting some episodes of epigastric pains – vague but worrying.

DAY 16

The temp seems to be settling. The first day it is around 36 . tried to negotiate a flight of stairs but gave up. Feeling breathless. O2 saturation is holding good at 96. I do have pulmonary fibrosis – so for me it seems fine. No tachycardia today. Can speak in full sentences but the myalgia and tiredness are overwhelming. Ibuprofen would have helped but I am scared of taking it. I am making sure I drink 3-4 litres of water a day. Had some chips for lunch today- completely tasteless.

DAY 17-18

I am on the mend. No fever for 2 days now. O2 saturation now 97 ish. Pulse BP settled. My appetite is back, and I must say I enjoyed the khichri and begun bhaja Anu made. She is better and has recovered fairly well. don't know what I would have done without her. Slowly walking around in the flat. I do feel dizzy at times and breathless even to have a shower, but I am not as bad as before.

DAY 19-20

Went for a short 20 min walk today. Getting bored and irritated in the flat. The sun is out and its nice and warm. Did it slowly and managed well. I have lost some weight as well. However, I am breathing easier and the chest creps have gone. The cough has settled but then so has the bottle of gran mariner. I need to thank Bill for that gift.

DAY 21-22

It is the third week now. I must thank GOD for this. One of my classmates rang – very worried and has promised she will do a puja for me at Dakhshineswar. I am grateful for these kind acts. Have seen the what's app messages from my classmates today. I am overwhelmed and thankful for such friends.

I think the crisis is over. Clinically I feel well and asymptomatic. Even the cough is gone but I have become paranoid about checking my O2 saturation/ temp and pulse ever so often. I am tired but the breathlessness has improved. I would say I am 75 % there. I need to go back to work – probably next week.

This was the first major illness I have had since 1998. I wasn't scared then but this time I was. Michelle (my nurse) told me off today – said I am not as invincible as I make it out to be. I have got away lightly while a colleague of mine (62 yr. old) is under ventilator support. I have seen doctors my age and younger die due this. And I am now really thinking - is it worth it? Yes, I did take up this vocation to serve the sick but what of me? How does the physician heal thyself? For the first time I am shit scared to see mortality from so close. Or am I just being morbid?

Calcutta Canvas - Story and Photographs - Viral Parekh

““It is as if the people who inhabit the streets, inspired by some mysterious wisdom, realise that the true history of Calcutta has always been written in the invisible tales of its spirits and unspoken curses.” – Carlos Ruiz Zafón

Calcutta Canvas



St. John's Church is located at the North – Western corner of Raj Bhavan. This has special significance to the city of Calcutta because it houses the grave of Job Charnock, the founder of Calcutta.

This is a very well maintained place which houses a beautiful garden and Rohilla war memorial also.

I was first shown this place by my friend Suresh Menon when I was 11-12 years old. Suresh was 4-5 years elder to me and also used to stay In Prinsep Street. This place was just 5-7 minutes walk from our home in Prinsep Street.

Suresh showed me the grave of Job Charnock and had said that this is the place where you get ultimate peace. Little did I realise then that how right he was.

Roaming around in my own city as a tourist spurs me to write something which goes like this:

I am a tourist in my own city
 I am a tourist in my own world
 Empty handed I've come
 Empty handed I'll go
 In between, I try to possess the world
 Just to leave it all
 I am just a tourist in this city
 I am just a tourist in this world.



Calcutta Canvas - Story and Photographs - Viral Parekh

“For years and years, even during the time of my first visit in 1962, it has been said that Calcutta was dying, that its port was silting up, its antiquated industry declining, but Calcutta hadn't died. It hadn't done much, but it had gone on.” –VS Naipaul

Calcutta Canvas





Guwahati street on a rainy evening. A5 watercolour .
Painting by Dr. Sanjeev Handique



Painting by Dr. Sanjeev Handique

Next issue in June 2020

We will be bringing out such Newsletters with a frequency of one issue every month. 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.

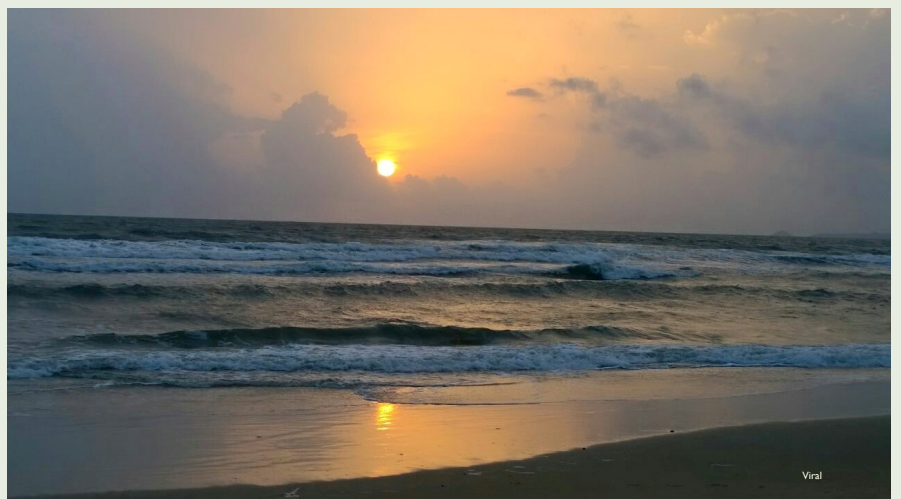
So, I request all of you to contribute to this Newsletter. Please send your material in Word format with good quality images. Please send your photograph and details of your place of work with email address also.

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

viralparekh@outlook.com.

So friends, take care and be safe. This corona pandemic is still wreaking a havoc and even a hard core optimist like me is getting unnerved. But, there will surely be light at the end of the tunnel. I hope we will be back to our new normal but responsible life in near future.

So long,
Viral Parekh.



Reflections