

Time spent in self-reflection is never wasted - it is an intimate date with yourself.
Paul TP Wong

Inside this issue:

Music	2
Art	3-11
Photography	12-30
Hobbies	31-32
Literature	33
Calcutta Canvas	34-36
Misc.	37



In the mirror we find a reflection of our appearance,
but in the heart, we find a reflection of our soul.
- Brene Brown



Reflections

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June 2020

Radiologist's Musings - Viral Parekh

Hil, Namaste,

This is Dr. Viral Parekh, a Radiologist from Kolkata, India. It is quite gratifying to bring out yet another - in fact third issue of Reflections.

This pandemic of Corona virus has changed the world forever and is going to change the way we live and the way we think and we will have to adopt new thoughts and new concepts. Age old saying "rolling stone gathers no moss" seems impractical now. It is the rolling stone - one who embraces changing concepts - will gather moss - will survive. The concept of social and physical distancing will remain for a long time to come.

Let me elaborate on this point by point.

Let me start with my profession. Most of my fellow Radiologists were against Teleradiology and I being always eager to try out new things; had a hard time to convince them it is the future and will always remain. Now, during this pandemic and period of prolonged lockdown, they have realized that we will have to adopt and adapt to new technology. Telemedicine and Teleradiology are here to stay forever and going to help mankind in an enormous way. There is no need to visit a doctor for minor ailment. A doctor can be consulted over Telemedicine.

All these years, politicians have got away with ignoring Healthcare. Budgetary allocation for healthcare is kept as low as possible. Now people are finding new ways to support each other in this difficult times and are sure to demand major changes in the healthcare.

Concept of work from home is also going to stay forever. Lot of companies have realized that an employee can effectively work from home also. This will lead to reduced renting of offices, reduced traffic on road and ultimately reduced pollution. The companies in the process will increase their profitability. The employee will also save time in travelling and can utilize that time to pursue some hobby or some creative work. There are certain downsides of working from home also, which people will have to accept or change accordingly.

There will be more emphasis on home cooked food and eating out in closed environment like restaurants is going to take lot of courage.

It is also going to change the way we pray. Congregations at religious places are also going to be affected. Age old Hindi saying "Man changa to kathrot me ganga" seems more relevant today than ever.

Perhaps, it is going to change the way we exercise also. Walking and jogging in parks maintaining social distance will be a norm rather than going to claustrophobic gymnasiums, where there is high chance of propagation of droplets and body fluids. Sanitizing every equipment after someone uses it is going to be a big challenge.

One virus has placed all of us in the same storm, albeit in different boats. Perhaps we will realise that we are not each other's enemy. Perhaps we will realise that there is no point fighting each other on the basis of religion, language, caste, creed or colour of the skin. Our real enemies are illiteracy, poverty and

poor healthcare.

Perhaps we will recognize sacrifice of medical community and essential service providers as we now do for armed forces.

Perhaps, we will finally start to understand patriotism more as improving the health and life of fellow countrymen.

Conferences, big fat weddings, musical concerts, cinema and theatre are also going to change and people will use more and more digital platforms.

Perhaps it will make us realize what we can live without. Perhaps we will have a new found appreciation of the peace and quiet, of not rushing around and spending more time with family. Perhaps we will come to realize what is truly important in our lives - family, friends, neighbours and being more kind and helpful to one another.

Yes, economy is going to take a big hit and will change a lot. Perhaps we will judge growth of a country by happiness indices of its citizens rather than economic indices. Utopian? - yes, but practical? - perhaps no.

Yes, it will be a different world, things will never go back to whatever we thought was normal and perhaps that is a good thing. It will not be easy, but we will have to work together to create an environment that is healthier not only for all of us but especially for our children and grandchildren.

This issue would not have been possible without the help of Dr. B.K. Manocha, Dr. Malay Nandy, Ratidi, Anupda, Satyam, Bijon, Sushanta, Kanchan, Debjani, Sanjeev, Nivedita, and Mausumi. I sincerely thank all of them.

"Music expresses that which cannot be put into words and that which cannot remain silent"
— Victor Hugo

"One good thing about music, when it hits you, you feel no pain."— Bob Marley

Music

"The only truth is music." — Jack Kerouac

"People haven't always been there for me but music always has."
— Taylor Swift

"Music is an outburst of the soul." — Frederick Delius

Saxophone is a woodwind instrument and falls under aerophone category in classification of musical instruments. They are typically made of brass and played with a single-reed mouthpiece. It was invented by Adolphe Sax, a Belgian instrument maker in 1840. It is most commonly used in classical music, marching and military bands and jazz. Playing any musical instrument allows you express your creative side, but the saxophone is particularly good for this due to its wide range of dynamics and flexible sound, allowing you to convey many emotions and styles.

In total there are 9 different types of saxophone, but the most popular 4 are the Soprano, Alto, Tenor, and Baritone saxes. Saxophone playing improves your aural skill and can find the difference between a various range of sounds.

Alto is most commonly used saxophone. It can play 33 notes, though around 52 notes can be played but any note above 33rd. note is more of a squeak. A standard alto saxophone has 23 keys.



"The saxophone is so human. Its tendency is to be rowdy, edgy, talk too loud, bump into people, say the wrong words at the wrong time, but then, you take a breath all the way from the center of the earth and blow. All that heartache is forgiven. All that love we humans carry makes a sweet, deep sound and we fly a little." ~ Joy Harjo



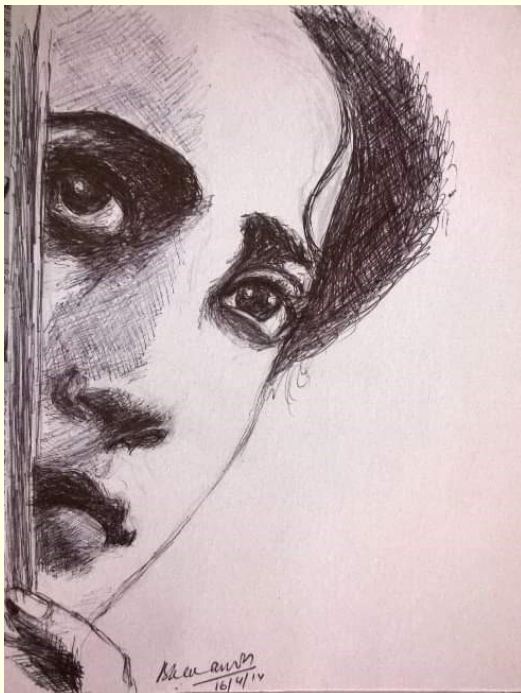
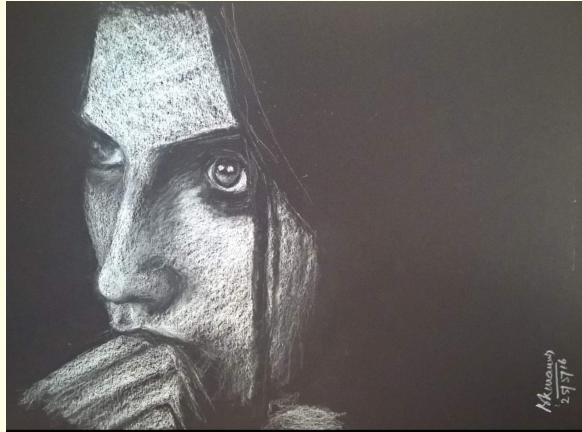
Dr B. K. Manocha
MBBS, MD.
Consultant Paediatrician and
Neonatologist.

Dr. Bhupendra Kumar Manocha is a very senior Pediatrician and Neonatologist, practicing in Kolkata for the last forty years. He is a Consultant Pediatrician at Park Clinic and Bhagirathi Neotia Hospital. He is sketching since childhood. He had an exhibition of his sketches for a cause in 2017. He was my son's pediatrician also. When I used to visit his clinic with my son, he used to continuously doodle on the other side of desk organizer and I could see his hands moving but not able to comprehend what he is up to. After 3-4 visits to his clinic, I realised that he is sketching and I was really amazed by his work. His sketches are just amazing and will surely exhilarate you.





Dr B. K. Manocha
MBBS, MD.
Consultant Paediatrician and
Neonatologist.





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

“To heal is to serve.

To know a patient is an Art. To know his illness and the medicines is a Science.

Moreover, to heal the patient requires the integration of both Art and Science.” Dr. Rati Vajpeyi

I have concluded above with experience.

We learn about the two sides of the brain. There is the Right side of the brain, which governs the artistic, expressive and sensitive aspect of us. Then there is the Left side of the brain, which makes us more methodical, logical and practical. Usually only one side of the brain is dominant in anyone.

However, with our capability, intelligence and effort we are able to balance both. It is wonderful.

I have been passionate about the arts since a child and it has taught me so much about Life.

Sharing some of my work. My Paintings are all original and copyrighted.



“Anguish” oil on Canvas



"The tired Vendor" oil on Canvas .



Nervous “ oil on canvas



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

Dr. Sanjeev Handique is a friend and 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 craft and in this issue we will again see some of his paintings. He is a self taught painter. Annual national conference of Radiologists was held in Ahmedabad in January, 2020. After the conference, Sanjeev had visited Kutch and two paintings on this page are inspired by what he saw there.



Listening
to the
bard.

Quarter
sized wa-
tercolour



Home-
ward
bound.

Watercol-
our on
Fabriano
quarter
sized 300
gsm paper



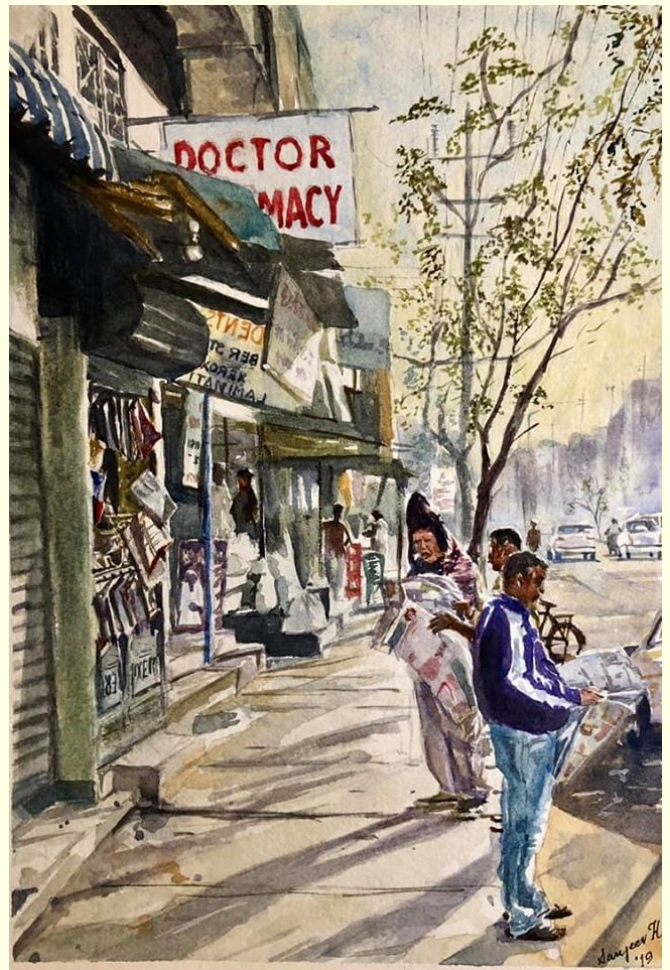
Dr. Sanjeev Handique,
MBBS, MD
Director Radiology & Imaging
GNRC Sixmile Hospital



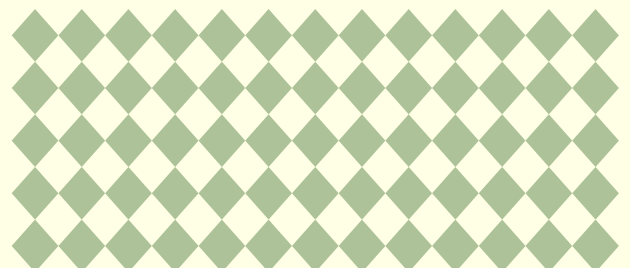
Jayanagar Road. A5 watercolour. The streets in Guwahati have so much life in them. You see people's lives go by. This is right next to our hospital @ GNRC Sixmile



Marngar ladies in the evening. A4 watercolour. The Marngar tribe is the only Assamese speaking tribe in Meghalaya and live around Marngar Lake near Nongpoh. On the one hand they use "gamocha" and wear "mekhela" and on the other use Khasi clan names



Free loading on the morning newspaper is a favourite morning pastime for us Guwahatians. A4 watercolour



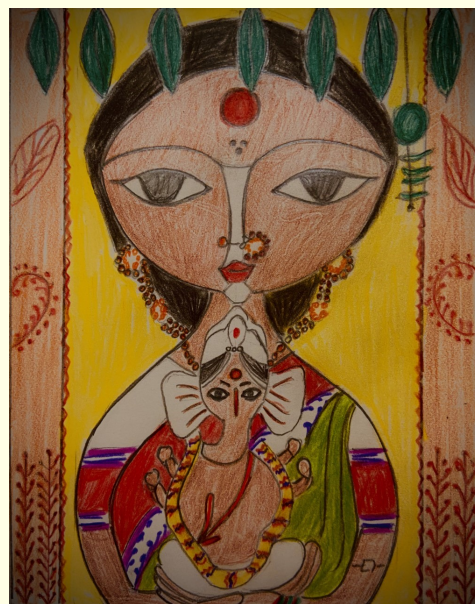


Dr Debjani Gupta
DCH MRCP (UK)
Consultant paediatrician and
neonatologist
Narayana Multispecialty Hosp
Howrah
Zenith Superspecialty Hosp
Kolkata.

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 Multispecialty Hospital. In the last issue, she had penned a poem and in this issue, she has presented some of her sketches. I am sure you they will allure you.



Naman



Maa



Pretty woman



Colourful Companionship



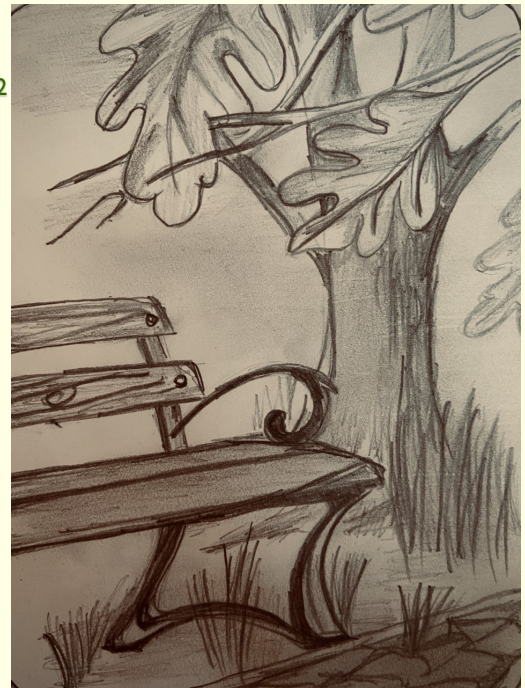
Dr Debjani Gupta
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Howrah
Zenith Superspeciality Hosp
Kolkata.



By the riverside



1



2



3

1. A colourful garden
2. Quiet anticipation
3. Peace and gratitude



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. Since last 2 issues his fan following has increased a lot. Here are some of his paintings.



Solitude



Pitcher



Suchandra on a rainy day



Uttar Kashi



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



Door



Mother and Son



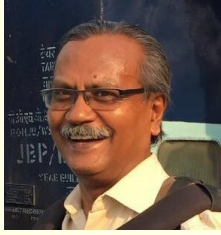
Cyclists



Love



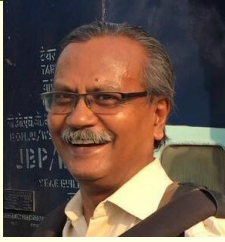
Love at first sight



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. I am sure it will dazzle you.





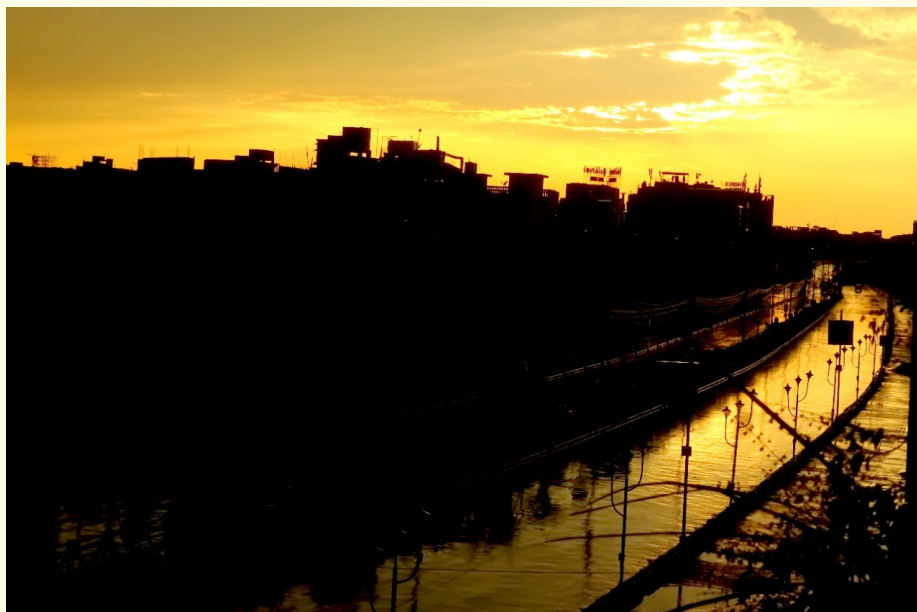
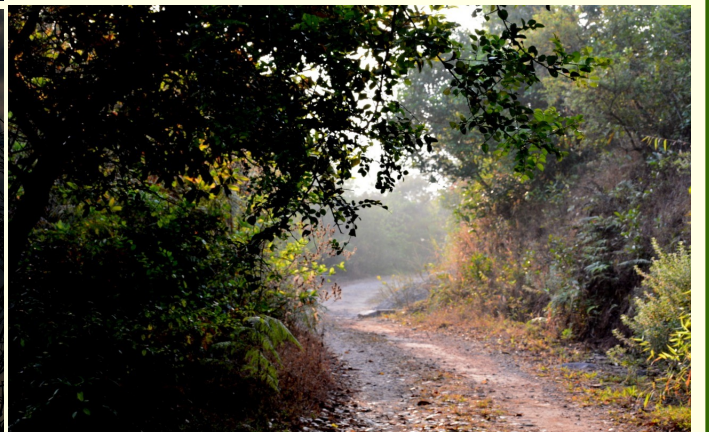
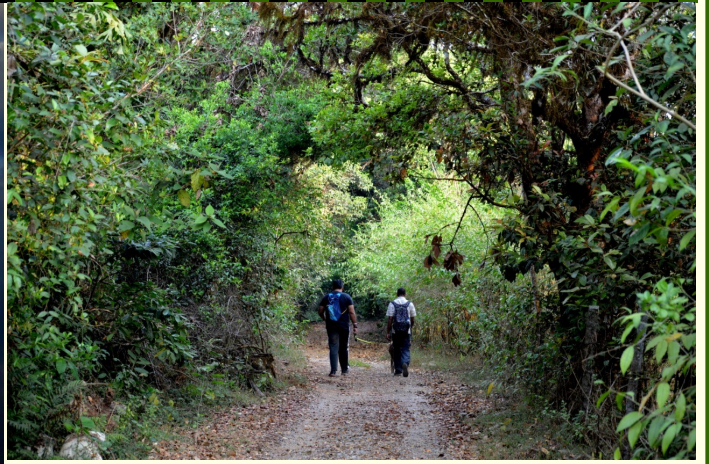
Dr. Malay Nandy, MD
Director Medical Oncology,
Jaypee Hospital, Noida, UP.





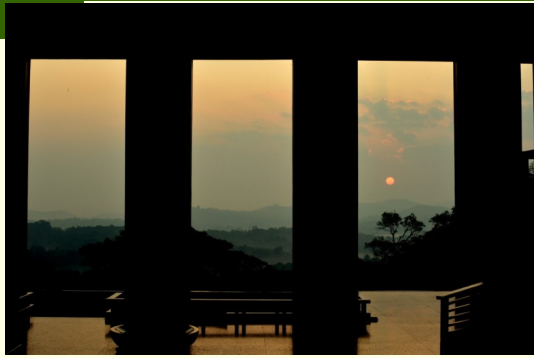
Dr. Mausumi Mukherjee,
MBSS, DGO

Dr. Mausumi Mukherjee is also an ex-student of R. G. Kar Medical College and was junior to me. She is a medical officer with Air India and Mediassist. She is an avid photographer and a good singer too. Here are some of her photographs. I am sure they will ensnare you.





Dr. Mausumi Mukherjee,
MBSS, DGO



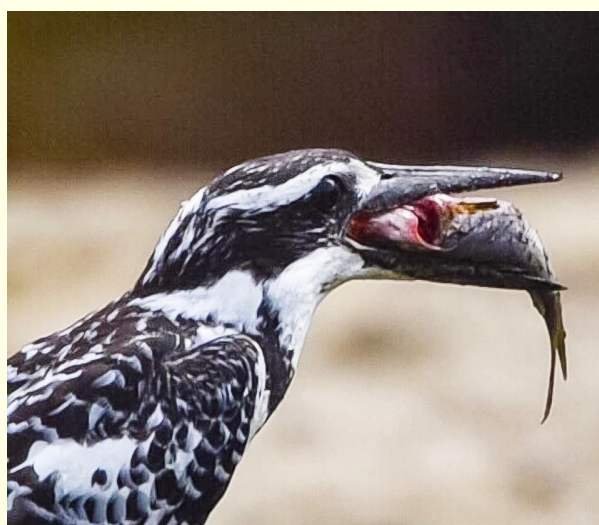


Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

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 a 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 more of his work in this third edition. Besides being a good photographer, he is a good painter and singer also. We will see some of his paintings in next issue of Reflections.



Black headed Ibis with snake catch



Pied Kingfisher with fish catch



Common Myna



White breasted kingfisher with crab catch



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



Scarlet
Minivet



Common Redshank



Black hooded Oriole

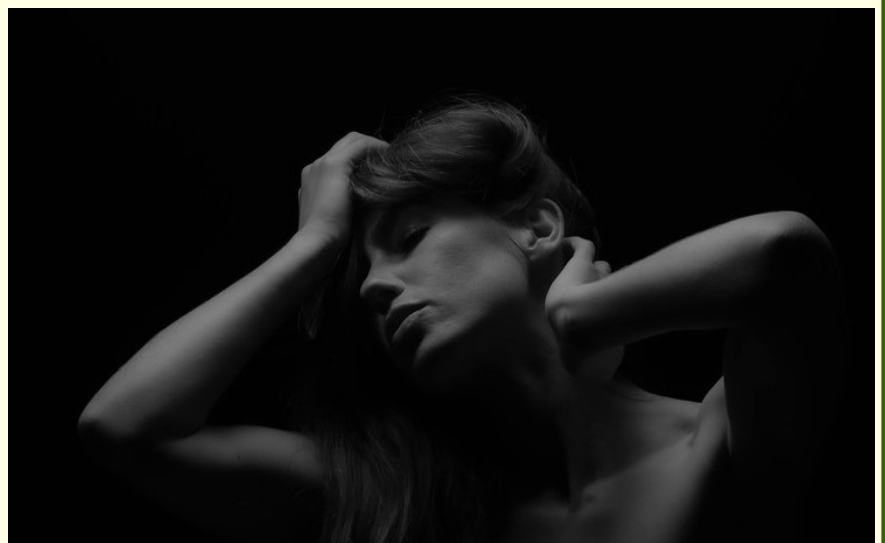
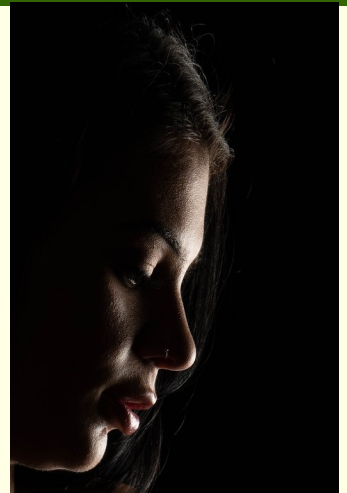


Sapphire Flycatcher ↑
← Fulvous breasted woodpecker



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

Mr. Sushanta Bhadra is also my classmate and a very dear friend from R. G. Kar Medical College. He is probably the most qualified amongst 150 classmates of our Medicos-80 batch. He now stays in Bexley, Kent, UK. 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 it will captivate you.



"A beautiful woman is a picture which drives all beholders nobly mad."
~ Ralph Waldo Emerson



Dr. Anup Sadhu, MD
Consultant Radiologist

Dr. Anup Sadhu is not only a fellow Radiologist but also a very close friend. He is a co-founder of Calcutta Academy of Radiology along with Dr. Bijon Kundu and yours truly. He is our guiding force and a Consultant Radiologist in Eko X-ray and Imaging Institute located at Medical College, Kolkata.

He was an ex-student of Calcutta Medical College, which was established by Lord William Bentick in the year 1835. It was then known as Medical College, Bengal. His love for his alma mater is reflected in this article of his, which is quite informative and is backed by some superb photography. I am sure you will like it.

Photographic Documentation on the Architectural Assets of Medical College and Hospital, Kolkata.

While British supremacy did not change the fact that India was becoming rapidly urbanized, it did lead to new alignments and priorities, since the controlling power was now different. A number of new towns and new suburbs were built to house the British, and the pattern of new town planning changed.

India was still divided into administrative districts as under the Mughals, and the towns which functioned as district headquarters were the ones where most of the new architecture was built.



The planning and urban design policies of the British followed certain principles – (a) their perceptions of the nature of the Indian city, (b) the fear of further revolts along the lines of the Mutiny of 1857, (c) Haussmann's plan for Paris which had become so popular in Europe and which advocated cutting through and demolishing old city centers to make space for new construction and boulevards, and (d) planning techniques already in use for Britain's industrial cities.



The building forms of medical college are pure example of that era. Like in this building, it represents the above mentioned factors very well. Beside the aura of sophistication of the west, the British brought with them the traditional European architectural styles. The British were much more comfortable with the comfort part than the intricate designs, That's why most the monuments built by them usually carry a very simple and sober look, when compared to the rest.





The domination of flat French windows dominates the building, on the other hand the corbels defining the building edges are from more ancient time of architecture. But if u look to the other side of the same building, we can see a more flat & straight forward façade with a lesser ornamental elements.



Clock Tower:

It is important to distinguish between clock towers and other buildings which may have clocks or clock faces attached to them. Many buildings have had clocks added to an existing structure. Although the resulting structure is often seen to be a clock 'tower' they are not the same sort of structure. Therefore:

A clock tower is a tower specifically built with one or more (often four) clock faces. Clock towers can be either freestanding or part of a church or municipal building such as a town hall or in this case, this building.

The mechanism inside the tower is known as a turret clock. It often marks the hour (and sometimes segments of an hour) by sounding large bells or chimes, sometimes playing simple musical phrases or tunes



Ventilation (Stack & Wind):

Stack ventilation is where air is driven through the building by vertical pressure differences developed by thermal buoyancy. The warm air inside the building is less dense than cooler air outside, and thus will try to escape from openings high up in the building envelope; cooler denser air will enter openings lower down. The process will continue if the air entering the building is continuously heated, typically by casual or solar gains.

Stack ventilation is one of the two natural ventilation mechanisms, the other being wind-induced. Since the same openings may contribute to both stack and wind pressure induced flows, like in this case. They must not be considered in isolation.

The effectiveness of the stack effect, i.e. the volume of air that it drives, is dependent upon the height of the stack, the difference between the average temperature of the stack and the outside, and the effective area of the openings. The mathematical formula is given in the Design Procedure.

Stack ventilation occurs naturally whether we design it or not, and has been consciously used for centuries, in traditional and vernacular buildings ranging from Indian tepees to churches. However, modern analysis and design advice greatly extends its area of application to much larger buildings, with more exacting demands.



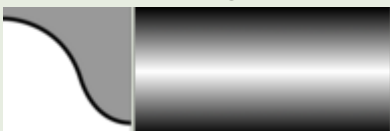
Molding (Decorative)



Cavetto moulding and resulting shadow pattern



Ovolo moulding and resulting shadow pattern



Cyma moulding and resulting shadow pattern



Ogee moulding and resulting shadow pattern



Moulding, or molding (USA), also known as coving (UK, Australia) is a strip of material with various profiles used to cover transitions between surfaces or for decoration. It is traditionally made from solid milled wood or plaster but may be made from plastic or reformed wood. In classical architecture and sculpture, the moulding is often carved in marble or other stones. A "sprung" moulding has bevelled edges that allow mounting between two non-parallel planes (such as a wall and a ceiling). Other types of moulding are referred to as "plain".

Theory

At their simplest, mouldings are a means of applying light and dark shaded stripes to a structural object without having to change the material or apply pigments. The contrast of dark and light areas gives definition to the object.

Imagine the vertical surface of a wall lit by sunlight at an angle of about 45 degrees above the wall. Adding a small overhanging horizontal moulding to the surface of the wall will introduce a dark horizontal shadow below the moulding, which in consequence is called a fillet moulding. Adding a vertical fillet to a horizontal surface will create a light vertical shadow. Graded shadows are possible by using mouldings in different shapes: the concave cavetto moulding produces a horizontal shadow that is darker at the top and lighter at the bottom; an ovolo (convex) moulding makes a shadow that is lighter at the top and darker at the bottom. Other varieties of concave moulding are the scotia and congé and other convex mouldings the echinus, the torus and the astragal.

Placing an ovolo directly above a cavetto forms a smooth 's' shaped curve with vertical ends that is called an ogee or cyma reverse moulding. Its shadow appears as a band light at the top and bottom but dark in the interior. Similarly, a cavetto above an ovolo forms an 's' with horizontal ends, called a cyma or cyma recta. Its shadow shows two dark bands with a light interior.

Together the basic elements and their variants form a decorative vocabulary that can be assembled and rearranged in endless combinations. This vocabulary is at the core of both Classical architecture and Gothic architecture.

Decorative mouldings have been made of wood, stone and cement. Recently mouldings made of Expanded Polystyrene (EPS) as a core with a cement-based protective coating have become popular. These mouldings have environmental, health and safety concerns that were investigated by Doroudiani et al.

Corbel

In architecture a corbel or console is a structural piece of stone, wood or metal jutting from a wall to carry a superincumbent weight, a type of bracket. A corbel is a solid piece of material in the wall, whereas a console is a piece applied to the structure. A piece of timber projecting in the same way was called a "tassel" or a "bragger" in the UK. The technique of corbelling, where rows of corbels deeply keyed inside a wall support a projecting wall or parapet, has been used since Neolithic times. It is common in Medieval architecture and in the Scottish baronial style as well as in the Classical architectural vocabulary, such as the modillions of a Corinthian cornice and in ancient Chinese architecture.

The word "corbel" comes from Old French and derives from the Latin *corbellus*, a diminutive of *corvus* (a raven) which refers to the beak-like appearance. Similarly, the French refer to a bracket-corbel, usually a load-bearing internal feature, as a *corbeau* (a crow).



Corbel tables

A corbel table is a projecting moulded string course supported by a range of corbels. Sometimes these corbels carry a small arcade under the string course, the arches of which are pointed and trefoiled. As a rule the corbel table carries the gutter, but in Lombard work the arcaded corbel table was utilized as a decoration to subdivide the storeys and break up the wall surface. In Italy sometimes over the corbels will form a moulding, and above a plain piece of projecting wall forming a parapet.

The corbels carrying the arches of the corbel tables in Italy and France were often elaborately moulded, and sometimes in two or three courses projecting over one another; those carrying the machicolations of English and French castles had four courses.

In modern chimney construction a corbel table is constructed on the inside of a flue in the form of a concrete ring beam supported by a range of corbels. The corbels can be either in-situ or pre-cast concrete. The corbel tables described here are built at approximately ten meter intervals to ensure stability of the barrel of refractory bricks constructed thereon.





Spiral stairs wind around a newel (also the central pole). They typically have a hand-rail on the outer side only, and on the inner side just the central pole. A squared spiral stair assumes a square stairwell and expands the steps and railing to a square, resulting in unequal steps (larger where they extend into a corner of the square). A pure spiral assumes a circular stairwell and the steps and handrail are equal and positioned screw-symmetrically. A tight spiral stair with a central pole is very space efficient in the use of floor area. Spiral stairs have the disadvantage of being very steep. Unless the central column is very large, the circumference of the circle at the walk line will be small enough that it will be impossible to maintain a

normal tread depth and a normal rise height without compromising headroom before reaching the upper floor. To maintain headroom most spiral stairs have very high rises and a very short going. Most building codes limit the use of spiral stairs to small areas or secondary usage.

The term "spiral" has a more narrow definition in a mathematical context, as a mathematical spiral lies in a single plane and moves towards or away from a central point. The mathematical term for motion where the locus remains at a fixed distance from a fixed line whilst moving in a circular motion about it is "helical". The presence or otherwise of a central pole does not affect the terminology applied to the design of the structure.

Spiral stairs in medieval times were generally made of stone and typically wound in a clockwise direction (from the ascender's point of view),[16] to place attacking swordsmen (who were most often right-handed) at a disadvantage. This asymmetry forces the right-handed swordsman to engage the central pike and degrade his mobility compared with the defender who is facing down the stairs. Extant 14th to 17th century examples of these stairways can be seen at Muchalls Castle, Crathes Castle and Myres Castle in Scotland. Exceptions to the rule exist, however, as may be seen in the accompanying image of the Scala of the Palazzo Contarini del Bovolo, which winds up counter-clockwise.

Developments in manufacturing and design have led to the introduction of kit form spiral stairs. Steps and handrails can be bolted together to form a complete unit. These stairs can be made out of steel, timber, concrete or a combination of materials.

Helical or circular stairs do not have a central pole and there is a handrail on both sides. These have the advantage of a more uniform tread width when compared to the spiral staircase. Such stairs may also be built around an elliptical or oval planform. A double helix is possible, with two independent helical stairs in the same vertical space, allowing one person to ascend and another to descend, without ever meeting if they choose different helices (examples: Pozzo di S. Patrizio, Château de Chambord, Château de Blois, Crédit Lyonnais headquarters in Paris). Fire escapes, though built with landings and straight runs of stairs, are often functionally double helices, with two separate stairs intertwined and occupying the same floor space. This is often in support of legal requirements to have two separate fire escapes.

Both spiral and helical stairs can be characterized by the number of turns that are made. A "quarter-turn" stair deposits the person facing 90 degrees from the starting orientation. Likewise there are half-turn, three-quarters-turn and full-turn stairs. A continuous spiral may make many turns depending on the height. Very tall multi-turn spiral staircases are usually found in old stone towers within fortifications, churches and in lighthouses. Winders may be used in combination with straight stairs to turn the direction of the stairs. This allows for a large number of permutations.



Spiral Stairs

Square-well stairs



Open well stair



Staircase with two way flights (for grand look)





This side of the building inspired by the modern movement in architecture, known as modern architecture. Modern architecture is generally characterized by simplification of form and an absence of applied decoration. All the arches on the top of the windows are missing on this side. But still the rows corbels on the building top, holding the heritage touch of ancient architecture.



Acknowledgement : School of Medical Science and Technology , IIT, Kharagpur

Hobbies



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

Dr. Bijon Kundu is not only a fellow Radiologist but 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 some more of his collections of armed forces.



Allied Forces American & Russian soldiers WW 2 with the big 3 Stalin Roosevelt & Churchill at the Teheran conference.



Hitler with dreaded V2 rocket which German launched in the last days of WW2

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World War 1
planes both Ger-
man & British &
WW1 Tank with
British officer



Hitler with Reg-
ular German
forces & Desert
Afrikan korps
which Rommel
lead in WW2



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 are two of her poems, I am sure you will love them and some of us will relate to the poem “Unsaid”.

Human Redefined

So much to talk
So little we hear
So much outrage
So little we endure

So much the greed
So little we need
So much the power
So little we empower

So much the hate
So little we embrace
So much the noise
So little the poise

So much the desire
So little we require
So much the fear
So little we self revere

We seek in the jewels
We seek in the stones
But fail to reflect
On our true inner souls

We are surrounded by people
But lonely and feeble
We judge by the cover
Disregarding the candor

So what all do we need to
lead a life filled with peace?

A magnanimous heart
An untrodden path
A contagious smile
And a Human Redefined
That's all we need,
coz our life is so brief!

The Unsaid.....

You refused to light
in my darkest hours of night
You refused to support
when all I needed was your
hold

You refused to befriend
when all I needed was a friend
You refused to defend
when I needed comfort from
your end

You refused to embrace
when all I needed was solace
You refused to be all ears
when I needed to speak up
for my fears

You failed to applaud
when your compliments meant
the most
You failed to appreciate
the little kindness I bestowed

You left no stone unturned
to hurt me to the core
You left me deserted
when I needed someone to
hold

You failed to value
the deference I showed
With tears in my eyes
you left me stranded on road

But time has elapsed
and I have moved on
Keeping the lessons of life
close by my side

The lessons of life
are both harsh and divine
Your demeanor will decide
if I'm selfless or unkind

I am attached to no one
I seek approval of none
In my journey of life
I am the sole sailor summoned

“Calcutta is like a work of modern art that neither makes sense nor has utility, but exists for some esoteric aesthetic reason”

—Amit
Chaudhuri

Calcutta Canvas

Town Hall was built in 1813 by the architect and engineer Maj.-Gen. John Garstin.

I will not be elaborating much on the history of the Town Hall as the plaque outside gives the history of the monument, whose photograph is attached herewith.

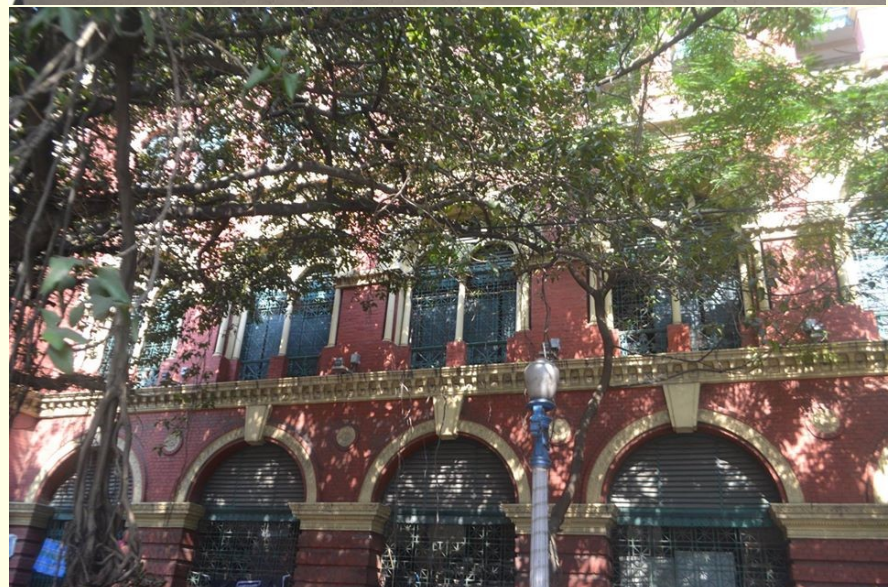
Town Hall is located in a road exactly opposite the western gate of Raj Bhavan. This road is full of historical structures. The first structure is a brick red architecture of British times which now functions as the treasury building. This building is followed by a narrow lane, where the side gate of Town hall and another beautiful structure with long pillars are located. This building's architecture is similar to Portuguese architecture and the building now houses the national company law tribunal. Then comes the Town Hall, which has Roman-Doric architecture with beautiful long pillars. Lastly the road houses the High Court which again has a very beautiful architecture. Old High court building which is an architectural marvel is connected by a small bridge to the new building of high court.



“Calcutta has still not recovered from history: people mourn the past, and abhor it deeply.”

Amit Chaudhuri

Calcutta Canvas



Calcutta Canvas - Story and Photographs - Viral Parekh

“Anyway, if Calcutta today suffers in comparison, it’s not really to other cities, but principally to itself and what it used to be. Anyone who has an idea of what Calcutta once was will find that vanished Calcutta the single most insurmountable obstacle to understanding, or sympathising with, the city today.”

— Amit Chaudhuri

Calcutta Canvas

“Calcutta is like a work of modern art that neither makes sense nor has utility, but exists for some esoteric aesthetic reason.”

— Amit Chaudhuri





“House of Priyalata Kakati “. Quarter sized Pen and watercolour on Fabriano 300gsm paper. This Assam type house was located in Pub Sarania area of Guwahati. It was built circa 1954 with material shipped from North Guwahati. The house has since been demolished. Painting by Dr. Sanjeev Handique

Next issue in July 2020

We will be bringing out such Newsletters with a frequency of one issue every month. So, next issue will be published in July, 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 June, 2020. You can send the word file to my email:

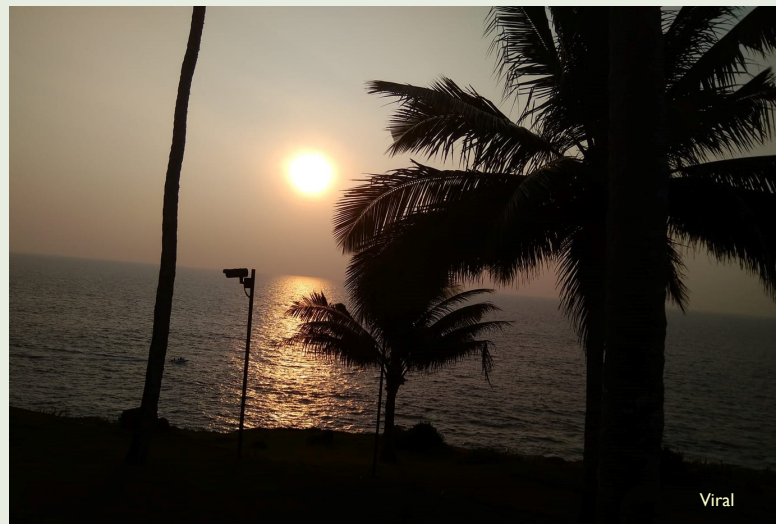
viralparekh@outlook.com.

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

PS:

As I am preparing this issue, Kolkata and parts of West Bengal are ravaged by supercyclone Amphan. There are stories of destruction and devastation all over including the area where I live and it is really heart breaking. But, we will have to fight back and I am sure we will be revamping our state as early as possible.



Reflections