

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



Reflections

Volume I, Issue 6

September, 2020

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

- Brene Brown

Radiologist's Musings - Viral Parekh

Hi!, Namaste,

This is Dr. Viral Parekh, a Radiologist from Kolkata, India. Here is sixth issue of Reflections. In this issue also Doctors from all over India have contributed their art.

On 15th. Of August, 2020, India celebrated her 74th. Independence day. India has become independent from British rule.

But are we independent from prejudices, illiteracy, poverty, narrow mindedness, corruption and depravity?

India will not be independent in true sense till everyone irrespective of his or her religious or linguistic identity thinks him/herself to be Indian first rather than anything else.

India will not be truly independent till everyone is literate and everyone has proper roof over his/her head. It will not be truly independent till no one sleeps hungry.

Well, it is still a long way to go. But, I hope someday, we will achieve this and become truly independent. You may say I

am a dreamer, but I hope I am not the only one.



We are now into the sixth month of Pandemic and we have realised how powerful and useful internet is. In these times of complete or partial lockdowns, life would have been impossible if there were no internet.

The pandemic has accelerated the growth of Ed-tech companies, healthcare, Fintech/financial services, OTT—over the top platforms, and e-retail and e-commerce. The younger generation which is a huge part of the Indian population will boost these sectors.

I salute the brains behind internet who foresaw future and helped us to survive in this pandemic.



In the month of August, we also celebrated friendship day. Life would have been impossible without friends too. Friendships require reciprocity – of admiration, respect, trust, and emotional and instrumental support. There are

friends who believe in this reciprocity and there are few who do not. But, we will have to adapt to both and learn a lot about life.

As Muhammad Ali had said: "Friendship is the hardest thing in the world to explain. It's not something you learn in school. But if you haven't learned the meaning of friendship, you really haven't learned anything."

As Thomas Aquinas had said: "Friendship is the source of the greatest pleasures, and without friends even the most agreeable pursuits become tedious."

So, try to overcome these trying times with the help of friends and family.

This issue would not have been possible without the help of Dr. Malay Nandy, Dr. Indra Neil, Dr. Paranjyoti Barman, Dr. Jayati Sengupta, Dr. Nitin Jadhav, Dr. Juni Menon, Dr. Saurabh Deshmukh, Anupda, Debjani, Madhuri, Anshika, Sanjeev, Satyam, Kanchan, and Sushanta. I am obliged and sincerely thank all of them.

Music - Know your musical instrument - Chapter 4 – Violin

“If music be the food of love, play on.” – William Shakespeare

“I don’t sing because I’m happy; I’m happy because I sing.” – William James

Music

“The only love affair I have ever had was with music.” – Maurice Ravel

“Music is the tool to express life – and all that makes a difference.” – Herbie Hancock

“Our sweetest songs are those that tell of saddest thought.” Percy Bysshe Shelley

“You have to, take a deep breath. and allow the music to flow through you. Revel in it, allow yourself to awe. When you play allow the music to break your heart with its beauty.” – Kelly White



Photo by Jonathan J. Castellon on Unsplash

Violin falls under the Chordophone classification of musical instruments. It is a boxed Lute played with a bow. It typically has four strings, usually tuned in perfect fifths with notes G3, D4, A4, E5, and is most played by drawing a bow across its strings. It can also be played by plucking the strings with the finger sand, in specialized cases, by striking the strings with the wooden side of the bow. The violin is probably the best known and most widely distributed musical instrument in the world.

The violin has a fretless fingerboard. Its strings are hitched to tuning pegs and to a tailpiece passing over a bridge held in place by the pressure of the strings. The bridge transmits the strings' vibrations to the violin belly, or soundboard, which is made of pine and amplifies the sound. Inside the instrument, beneath the treble foot of the bridge and wedged between the violin belly and back, which is made of maple, is the sound post, a thin stick of pine that transmits the string vibrations to the instrument's back, contributing to the characteristic violin tone. The belly is supported from beneath by the bass bar, a narrow wood bar running lengthwise and tapering into the belly. It also contributes to the resonance of the instrument. The sidewalls, or ribs, are constructed of pine-lined maple.

The violin was early recognized for its singing tone, especially in Italy, its birthplace, where the earliest makers—Gasparo da Salò, Andrea Amati, and Giovanni Paolo Maggini—had settled its average proportions before the end of the 16th century. During its history, the violin has been subject to modifications that have progressively adapted it to its evolving musical functions.

The Indian violin, while essentially the same instrument as that used in Western music, is different in some senses.] The instrument is tuned so that the IV and III strings (G and D on a western-tuned violin) and the II and I (A and E) strings are sa-pa (do-sol) pairs and sound the same but are offset by an octave, resembling common scordatura or fiddle cross-tunings such as G–D–G–D or A–E–A–E. The tonic sa (do) is not fixed, but variably tuned to accommodate the vocalist or lead player. The way the musician holds the instrument varies from Western to Indian music. In Indian music the musician sits on the floor cross-legged with the right foot out in front of them. The scroll of the instrument rests on the foot. This position is essential to playing well due to the nature of Indian music. The hand can move all over the fingerboard and there is no set position for the left hand, so it is important for the violin to be in a steady, unmoving position.

Being Humane



Dr. Bharat Parekh, MD
Senior Radiologist

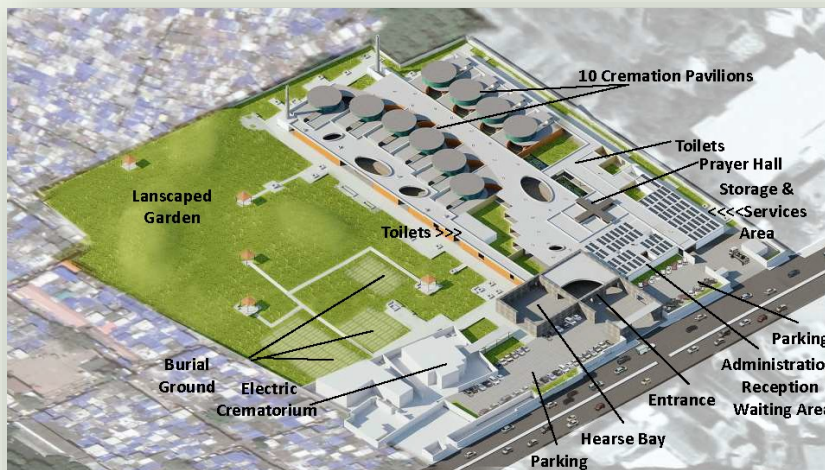
Dr Bharat Parekh, a senior retired Radiologist from Mumbai, former Chairman of Indian College of Radiology & Imaging and the first recipient of “Prof S K Basu Roy Choudhary” oration of West Bengal.

With the help and guidance of Dr. Parekh, I had organised many Radiology conferences and CMEs in Kolkata.

Dr. Parekh with his elder brother Dr Ramnik Parekh have dedicated themselves to a pathbreaking community service for past over a decade. This service is known as Antim Samskar Seva, which helps people to perform dignified last rites. So far, they have supported 14, 000 families to perform dignified last rites and cremation.

Senior Radiologist dedicates himself to Community Service

‘**Antim Samskar Seva**’ a community service which was started under their family trust ‘Hiralal Parekh Parivar Charity Trust’ instituted in the name of his father has assisted 14,000 families by supplying entire logistics support to perform dignified last rites and cremation through their 5 AC Hearses and a uniformed trained staff of 20 personnel.



After a decade of operating all over Mumbai, they became aware of the dire and decrepit conditions of the crematoriums in the city. Not only are these crematoriums in utter neglect despite being used daily, they also are not aesthetically planned or built to meet the demands of the users. Mourners, bereaved families and even visitors need a calming place—a sanctuary within the maddening chaos of our frenetic city, where we can pause to meditate, celebrate a life lived and gather to pay our last respects to the dearly departed. A place that is free from disturbance and exudes tranquillity, where one feels comforted that the soul has been at last laid peacefully to rest. The needs and the comfort of the bereaved must be placed above all else.

They have now embarked on ‘**Antim Prasthan Project**’—involving redeveloping and modernising of 9-acre existing crematorium at Worli, Mumbai, to turn it in to India’s largest, world-class and most iconic structure in a public space at an expense of Rs 40Cr. This facility will have 8 enclosed pavilions spread over a carpet area of 80,000 square feet allowing families the ability to pay their last respects in complete privacy and with great dignity. The facility will offer 4 prayer halls, a large common waiting lounge and administration facilities, with ample space for storage, amenities and support services, including a large car park and features that enable ease of movement for the physically challenged. The crematorium design ensures an environmentally-responsible approach to building, including state-of-the-art pollution control systems, effluent treatment plant for water run-off, rain water harvesting, compost management and solar power generation.

The “**Antim Prasthan Project**” is supported by eminent Mumbai-headquartered businesses and business leaders. Thus far, the Trust has raised over 50% (more than Rs.20 crores) of the total 40 crores required to complete the project through CSR donations from the likes of Tata Group, Mahindra Group, Kotak Group, HDFC, NOCIL and others. Prominent business leaders such as Mr. Anand Mahendra, Mr. Deepak Parekh(HDFC) , Mr. Uday Kotak, Mr. Hemendra Kothari, Mr. Kishore Mariwala, Dr. Ashok Ganguly, Mr. Uday Kotak, Mr. R. Gopalakrishnan, and Mr. Madhukar Parekh to name a few have also backed this important project.

**Dr Bharat Parekh can be reached at
bharat_parekh@hotmail.com**

Literature

Some of famous quotes by Shree Rabindranath Tagore

- "Where the mind is without fear and the head is held high Where knowledge is free."
- "It is very simple to be happy, but it is very difficult to be simple."
- "The one who plants trees, knowing that he will never sit in their shade, has at least started to understand the meaning of life."
- "The highest education is that which does not merely give us information but makes our life in harmony with all existence."
- "The most important lesson that man can learn from life, is not that there is pain in this world, but that it is possible for him to transmute it into joy."



Rabindra Nath Tagore needs no introduction and he is one of the most revered poet, writer and composer all over India, especially in Bengal where he has attained a status of demigod.

Rabindra Nath Tagore (1861- 1941) was one of the greatest writers in the history of Indian literature. He was popularly known as 'Gurudev'. Rabindranath Tagore was born on 7th May 1861 in an affluent family in the Province of Bengal and was not only a poet, but also a polymath, musician, and an artist. He was also a founder of a unique educational institution – Visva Bharati.

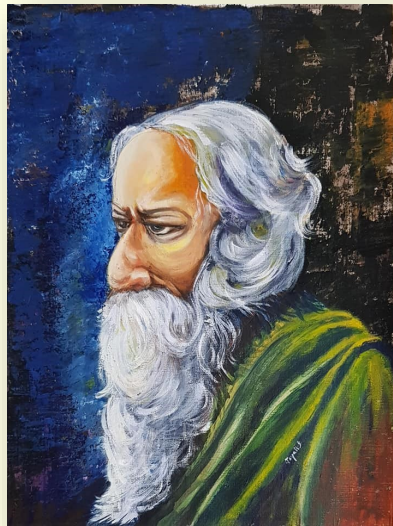
Rabindranath Tagore was popularly known as "The Bard of Bengal." His writing style was exceptionally mercurial.

Tagore started writing poetry at the age of 8 and published his first collection at the age of 16 under the pseudonym Bhanusimha.

He was a good painter too. Between 1928 and 1940, Rabindranath painted more than 2000 images. He never gave any title to his paintings.

He won the Nobel Prize for Literature in 1913. Though he wrote in almost all literature genres, it is as a poet he was internationally recognized. The Irish poet W.B. Yeats introduced Tagore to western readers.

Tagore was the first Indian poet to gain a permanent place in the canon of world literature. His poems express intense romantic and mystic sensibilities and can be compared to those of William Wordsworth and William Blake for their mystic and romantic spirit.



Gitanjali is considered as his masterpiece. His other most famous works include The Postmaster, Chokher Bali, , Gora, Kabuliwala, Sadhana, Ghare Baire, Nastanirh (The Broken Nest), The Gardener, Fruit Gathering, Fugitive, and other poems. Tagore's works were widely translated into English, Dutch, German, Spanish, and other European languages.

He composed the National Anthems of two nations - 'Jana Gana Mana Adhinayaka Jaya He' for India and 'Amar Shonar Bangla' for Bangladesh. The Sri Lankan national anthem was inspired by his work.

He is revered all over India for writing the national anthem Jana Gana Mana. It was originally composed as Bharoto Bhagyo Bidhata in Bengali. Later, it was written in sadhu Bengali which is heavily sanskritised. The first stanza of the song Bharoto Bhagyo Bidhata was adopted by the Constituent Assembly of India as the National Anthem on 24 January 1950. A formal rendition of the national anthem takes approximately 52 seconds.

Tagore has not only enriched literature but also contributed to the freedom struggle in pre-Independence and development of Indian society. He died on August 7, 1941.



Dr. Indra Neil Mekala is a fellow Radiologist practicing at his hometown Rajamahendravaram (Andhra Pradesh). Reading and writing poetry is his favorite hobby since schooling days. He is also a published haiku poet and won awards in various international haiku competitions.

Dr. M. Indra Neil
MBBS, DNB
Consultant Radiologist
Rajamahendravaram
(formerly known as Rajahmundry)
Andhra Pradesh, India.

Dignity Of Labour

I salute the men
Who lay the long road
Who carry the heavy load
Who build the lengthy bridge
I salute them, for it's my privilege!

I salute the men
Who lay the brick by the sweat of brow
Who give us bread by the drag of plough
Who keep the country tidy and clean
Who endure to keep it green and serene
Who lay the tortuous tracks for the train
Who can crush an enormous mountain
Who elevate as high, a skyscraper
Who excavate the land as deeper

I salute the men
Who burn in the sun and toil in the plant
Whose efforts we can never supplant!
Whatever be their work variety
They are the foundation of the society
I salute them!

Just Do It!

Rest not! Toil day and night!
Fight hard, with all your might!
Grit deafens the word 'quit'!
Will blinds the word 'submit'!

Another Life in the Day of a Poet

Its 3.00AM - a perfect time for rebirth
when half the world is kicking
in a womb of dreams

A soft melody of Yiruma
collaborates with my heartbeat
and composes a new sonata of memories...

I start scribbling a storm of syllables
as they collide like raindrops and
smudge the paper into a monsoon sky

Like hot coffee, the aroma
of a fresh page arouses my muse
until my ink blows its foamy whiteness
and sips it word by word

Its now 5.30AM and time lazily hauls the light
from the well of horizon
and as the sun touches the brim
I hear a hailing chorus of birds
as if the day has been rescued...once again

and today the orange sun is
just a light paperweight
that holds down these moments
until they are both blown away by the twilight
breeze

for a person, it is just another day in his life
but for a poet... it is another life in his day.



Dr. M. Indra Neil
MBBS, DNB
Consultant Radiologist
Rajamahendravaram
(formerly known as Rajahmundry)
Andhra Pradesh, India.

Unity in Diversity!

Seven colours make up the light so white
Seven seas and continents turn the world so bright!
Many may be the creed, colour and race
Unity is the idea we should all embrace!
What is a rainbow without its colours so diverse?
Unity in diversity is the foundation of Universe!
Pray everyone understands this essence
and act accordingly in good sense!

No Shortcut to Success

He was running for fortune
along the lines of his palm;
Every line was a dead-end.

He swam steadily in river
of sweat of his brow, then
reached the sea of fortune.

Success Mantra

I will, I must, I can
Fear and doubt I ban.

I can, I will, I must
In my skills, I trust.

I must, I can, I will
This is my daily drill!

Secret of Success

Some called it luck . . .
They do not know
that every bead of sweat
becomes a dot
on the dice of destiny

Now is the Time for You!

Yesterday flew away
in blink of an eye

Only today is in your hand
so don't laze and lie

Use it wisely and tomorrow
you will stand High!

Autumn Thought

It's first day of autumn
and the lonesome earth longs
for ripe leaves and footprints

a tepid breeze taunts
the tender branches and
elopes with auburn leaves

with variegated hues
as bright as a lover's dream,
the crunching carpet is laid

and each moment whispers
the beauty of surrender
that radiates in mortal's eyes

is not senility for nature
an ephemeral guise?
as solitude is to a passionate heart?

for poignant is the word
that spans the barren branch
and fallen leaf.

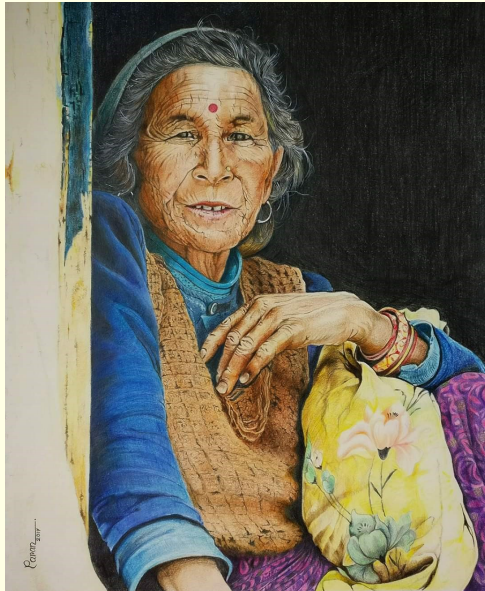


Dr. Paranjyoti Barman
MS, MCh (Neurosurgery)
Consultant, neurosurgery,
GNRC Hospital, Guwahati,
Assam

Dr. Paranjyoti Barman, MS, MCh (Neurosurgery) is a Neurosurgeon by profession. He is presently practicing as consultant, neurosurgery at GNRC Hospital, Guwahati, Assam. He is a self taught artist and painting is a hobby since childhood.

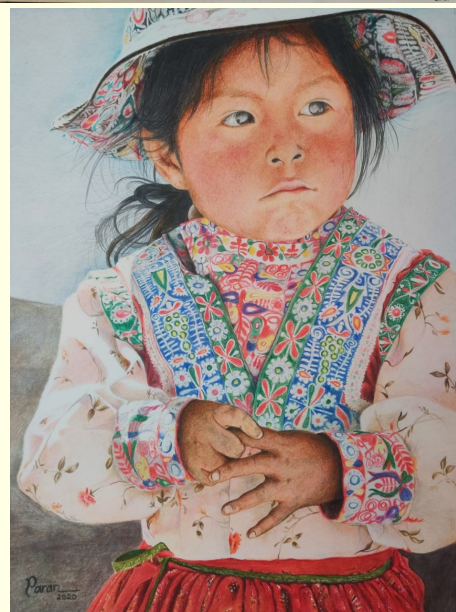
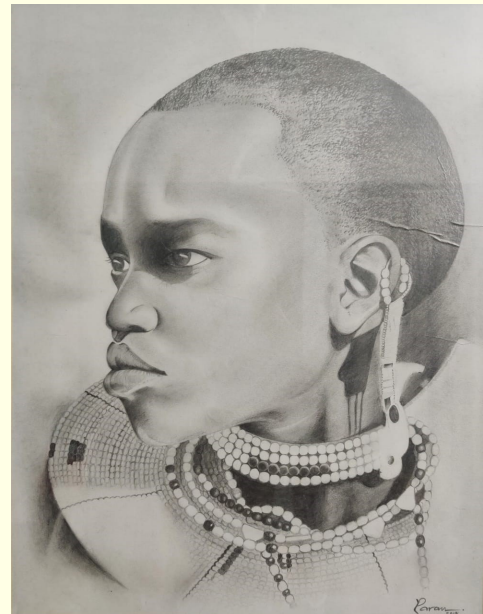
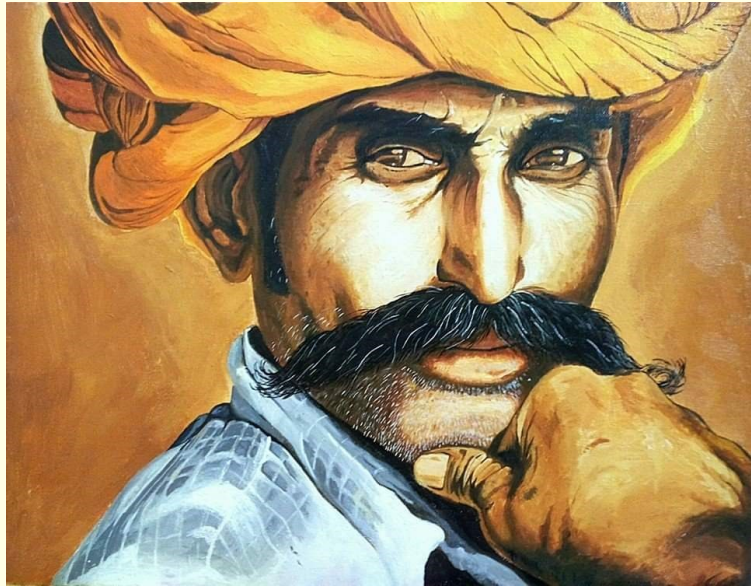
After getting into the medical field, he didn't get enough time to do paintings. During lockdown period started painting again after a long time. He is mostly interested in doing colour pencil sketches and hope to learn water colour in future. He is fascinated by hyper realistic paintings.

When I first saw his paintings, I was in awe that how can someone sketch something like this. I am sure you will fall in love with his exquisite art.



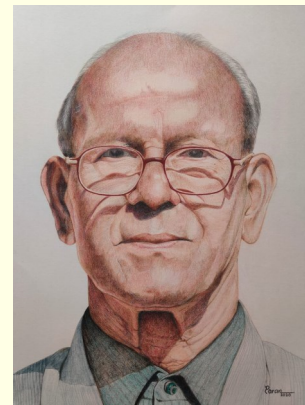
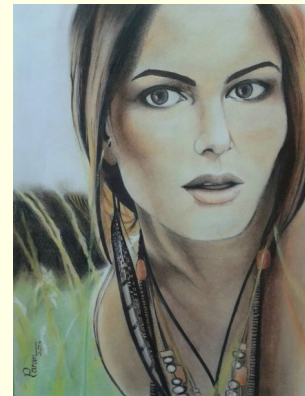


Dr. Paranjyoti Barman
MS, MCh (Neurosurgery)
Consultant, neurosurgery,
GNRC Hospital, Guwahati,
Assam





Dr. Paranjyoti Barman
MS, MCh (Neurosurgery)
Consultant, neurosurgery,
GNRC Hospital, Guwahati,
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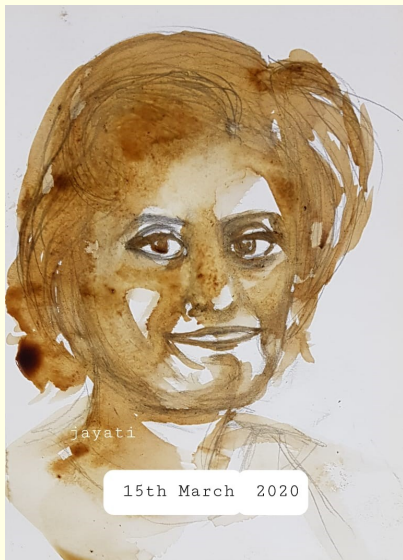




Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician

Dr. Jayati Sengupta , MBBS,MD (PAED), is an alumni of Medical College, Kolkata. She is a Pediatrician with special interest in Pediatric nephrology. She is associated with AMRI hospitals and Institute of child health Kolkata as a consultant. Though art was always a passion, she could not follow it up due to various reasons. She has started painting seriously for the past 2 years and have participated in several exhibitions. She uses the small income generated from the sale of her paintings to donate to charities close to her heart. I am sure you will love her art.

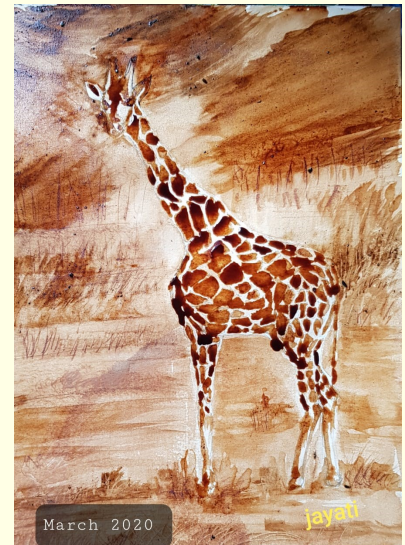
In this issue we will cover some of her coffee paintings. She uses Nescafe powder, dissolves in hot water and then it is cooled. Varying the consistency and water one can get different shades. Little honey can be used as a binder, too. But, the coffee changes colour with time and becomes darker. We will see how these coffee paintings become darker with time.



15th March 2020



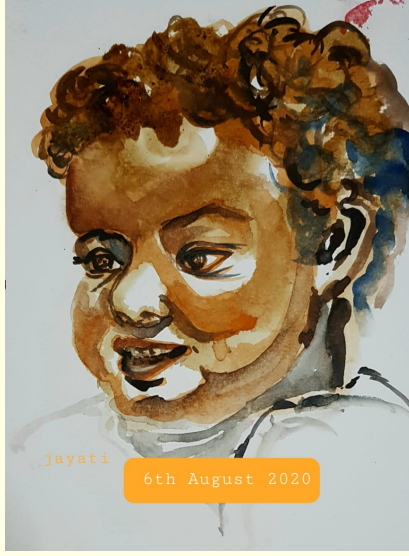
19th March 2020



March 2020



6th August 2020



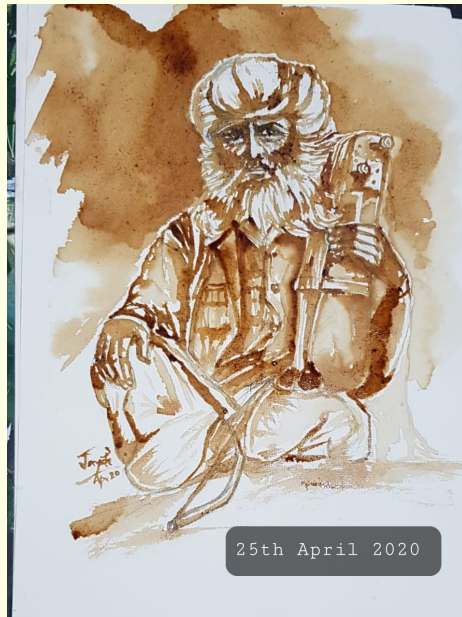
6th August 2020



August 2020



Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician



25th April 2020



9th August 2020



7th May 2020



August 2020



july 2020



6th August 2020



Dr Juni Menon
MBBS, MS, DO. DNB,
Ophthalmic Surgeon
Arogya Medical Centre
Surat, Gujarat

Dr. Juni Menon (M.S,D.O,DNB ophthalmology) is working as an Ophthalmic Surgeon at Arogya Medical Center, Surat, Gujarat. She is also a classical dancer formally trained in Bharatanatyam, Mohiniyattam, Kuchipudi.

She is also a fine artist - oil and Acrylic paintings, Pencil and charcoal sketching are her fields of interest.

Here are few of her art works, paintings and sketchings. I am sure you will be mesmerized by her work.



"The Faces/Masks we wear!!!!" 😊

Pencil and charcoal sketch on A3 size paper...

Thought of sketching something different this time.. something which I have always pondered upon... 😊 Had read sometime back an article by Carl Jung(1989) in which he states that we all wear different Masks in our day to day life...

Grossly there are 3 types of faces we wear..a public face known to our acquaintances ,a private face known to our family, friends and relatives... and 😊 most important..a personal face...the real you... known to you only...Good,Bad or Ugly... this is the face we have to deal with ...or make peace with 😊😊😊 Of course we have the emotional Masks... the masks we hide behind because of fear, insecurity,guilt and many more....Why do we do that?? To mask our vulnerability??Or maybe for the fear of being judged?? 😊...

What a wonderful world it would be if we patted each other on the back, encouraged uniqueness and stood for each other!!! 😊 Slightly hypothetical, isn't it??? 😊 The most important kind of freedom is to be what you really are!!!! One of the greatest tragedies in life is to lose your own self and accept the version of you that is expected by everyone else!!!

Becoming authentic is beginning to know ourselves... especially having the courage to acknowledge our flaws and embrace our own vulnerability!!!! 😊 This in turn results in a genuine, calm fulfillment 😊



"The learning curve"!!!! 😊

Pencil sketch on A3 size paper...

I have sketched a juvenile leopard here who is watching silently.....he is not as aggressive or confident as his adult counterpart ...but wants to be in control..or in other words ,he has to be ... He has a mixture of doubt, apprehension, stealth and calculation in his eyes....To go for it or not ... 😊 But then, how else will he learn?? He has to go through all the inner struggle and at some point... go for the kill...coz it is a matter of survival!!

And that point comes only with experience 😊😊😊
😊...!!!

Don't we all go through the same phase in our lives too??? We all have our learning curves, right?? 😊 The initial moments of learning a new procedure are fraught with hesitation and doubt...it is only with time that we learn to work confidently and with precision 😊😊😊.....

But go through the grind we must 😊... the learning curve..... to polish and smoothen our jagged ends ...to discover ourselves and flourish in true glory... Through experience!!!!!! 😊😊😊



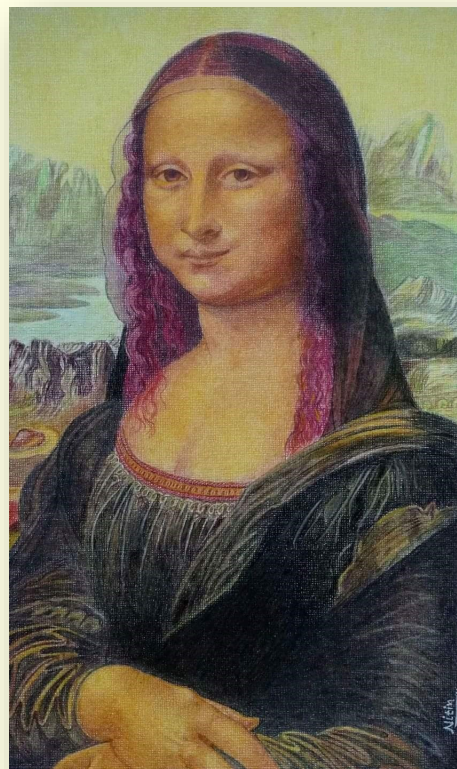
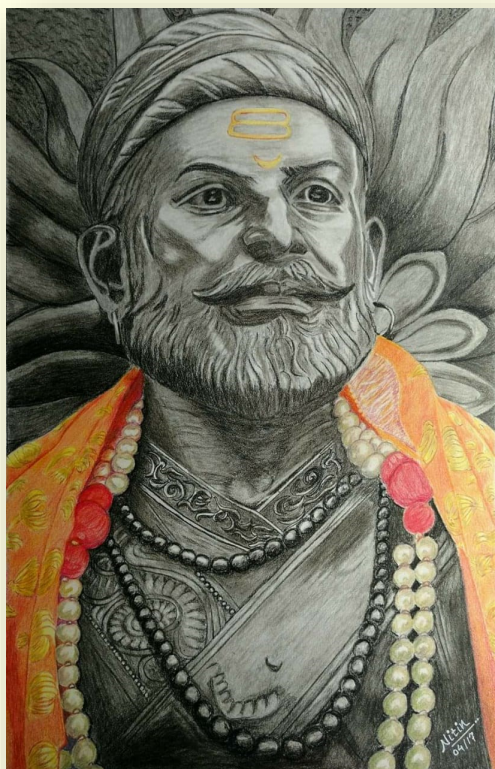
Dr. Nitin Jadhav
MBBS, DMRD, DNB
Consultant Radiologist

Dr Nitin Jadhav is also a fellow Radiologist and is presently working at Bhakti Sonography Clinic Chinchwad, Pune as a Consultant Radiologist. He did his MBBS from VM Medical College Solapur, DMRD from KEM Hospital, Mumbai and DNB from Lilavati Hospital, Mumbai.

He used to do charcoal pencil drawing since his MBBS days.

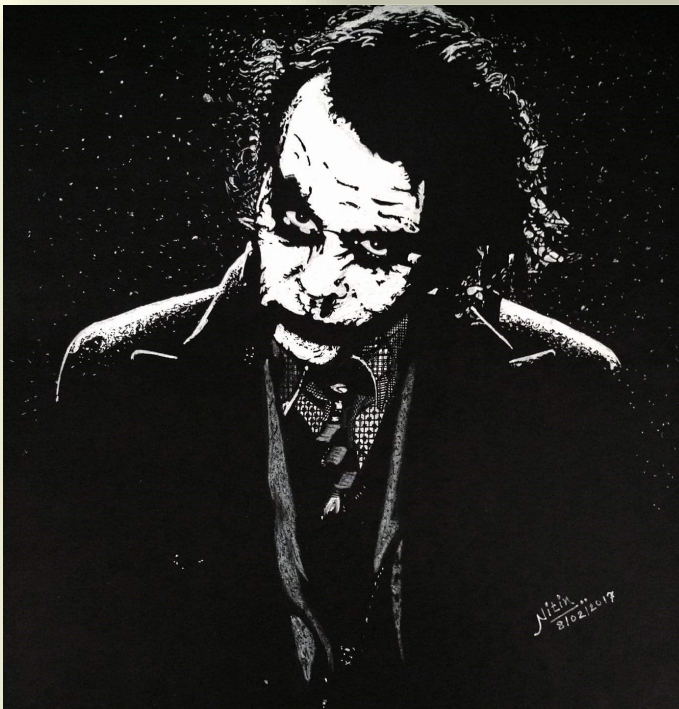
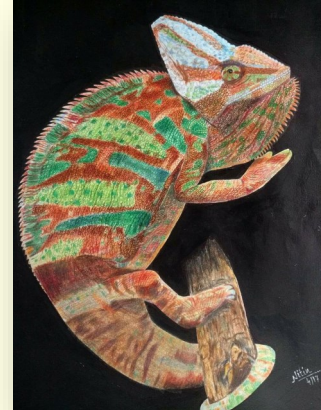
He started drawing with color pencils since 2017.

Painting is a biggest stressbuster for him. I am sure you will like his art.





Dr. Nitin Jadhav
MBBS, DMRD, DNB
Consultant Radiologist





Dr Madhuri Salwe,
MBBS, DMRE.
Consultant Radiologist
Chinchwad, Pune
Maharashtra

Dr. Madhuri Salwe is also a fellow Radiologist. She started some pencil work in her childhood. There were many long gaps and then she drew some sketches while studying MBBS.

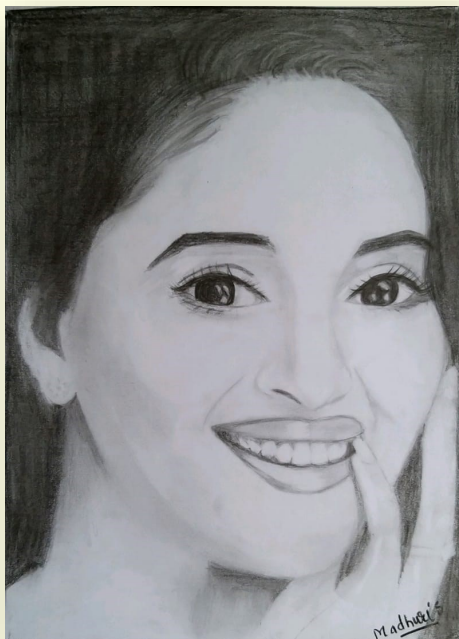
Her main journey of painting and sketches started when she completed her degree and joined a hospital, so whenever she used to get some time, she used to sketch some designs and then the rhythm started.

Whatever she learnt till date is from self experience, learnt from mistakes and she keeps on upgrading herself from pencil to acrylic on canvas to water color and white pencil on black and this the result of her journey. I am sure you will like it.





Dr Madhuri Salwe,
MBBS, DMRE.
Consultant Radiologist
Chinchwad, Pune
Maharashtra

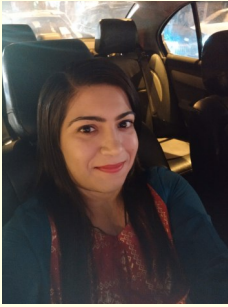




Dr. Kanchan Pathak
MBBS, DGO, MS
Consultant ENT Surgeon,
Nayagram Multispecialty Hospital
Govt. of West Bengal,
West Bengal, India.

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 . In last 3 issues we had seen his few of water and oil colour paintings. In this issue we will see some of his work on windows.





Dr Anshika Gulati
MBBS, MD
RML Hospital & PGIMER

Dr. Anshika Gulati is also a fellow Radiologist, presently working as senior resident in Dr. RML hospital and PGIMER, New Delhi. She has done her MBBS and MD from Maulana Azad Medical College, Delhi and Lady Hardinge Medical College, Delhi respectively. Apart from Radiology, she has a keen interest in Art and Craft. Here is some of her work. I am sure it will enthrall you.





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. He is a self taught painter. Here are some of his wonders. I am sure you will love it.



House of the Baruas in Lataasil, Guwahati. Line and wash on quarter sized Fabriano Artistic 300 gsm paper. This lovely Assam type house was Built in 1922, by Chandra Nath Barua, a government engineer in Guwahati. He designed and built the house himself, using wooden beams, and even getting some materials from his village home. Barua and his wife Joonprabha, brought up their 13 children in this house filled with music and arts. Their sons Brojen Barua, Nip Barua, and Dibon Barua became well known filmmakers. Romen Barua, the music director, and Dwipen Barua, the singer who just completed 50 years in his career,

still live there. Another son, Girin Barua, was a well-known sportsman, especially cricketer, and a deputy mayor of Guwahati. Another son, Niren Barua, was a well-remembered news reader at All India Radio. The almost 100 year old house is an iconic part of the Lataasil area of Guwahati and has welcomed singers and songwriters from other parts of India who have visited Assam.



“House of Smitakshi and Gaurav”. India ink with dip pen, some liner and water-colour on Fabriano 300gsm CP paper 15x11”. This painting was done for a friend. That’s the family dog Cooper in the foreground.



Dr Saurabh Sharad Deshmukh, MBBS, MS
Consultant Ophthalmologist
Kothara community hospital
Paratwada, Amravati,
Maharashtra.

Dr Saurabh Sharad Deshmukh is an ophthalmologist by profession. He did his MS (Ophthalmology) from MGIMS, Sewagram and passed out in 2013. Presently working as a senior consultant ophthalmologist and surgeon, at Kothara community hospital in Paratwada, district Amravati, Maharashtra State.

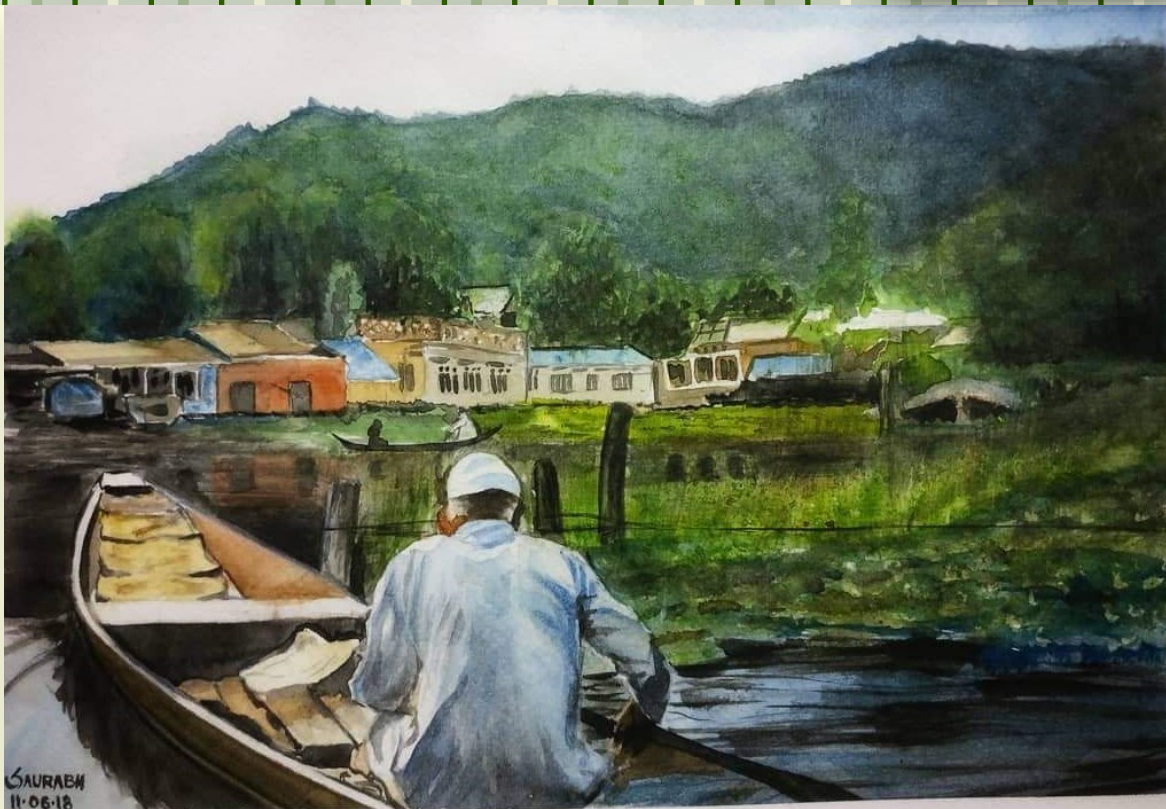
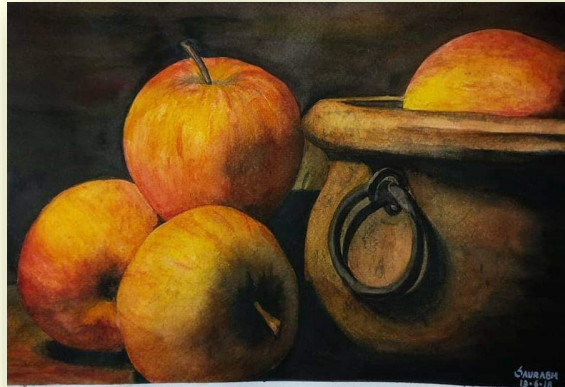
He used to do pencil sketching initially, most of them done during his MBBS days. And then there was a long break. Three years back, just experimented with watercolours, watching a YouTube tutorial and that turned out to be reasonably good for a first timer. He is a self taught, hobby artist, rather watercolorist.

Also he like phone photography, though very amateur at it. In photography he likes travel photography, flower photography, street photography, and nature photography the most. Here are some of his paintings. I am sure you will love it.



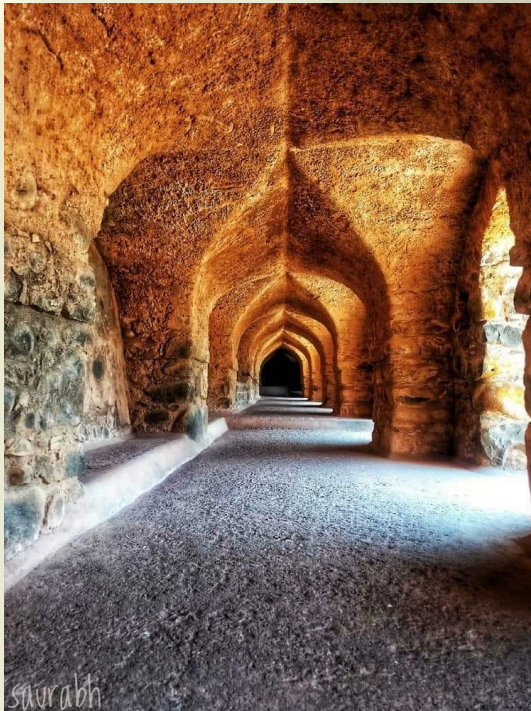
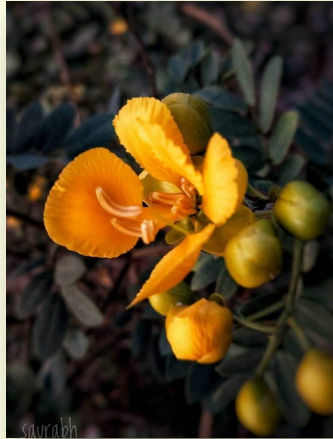


**Dr Saurabh Sharad
Deshmukh,
MBBS, MS
Consultant Ophthalmologist
Kothara community hospital
Paratwada, Amravati,
Maharashtra.**





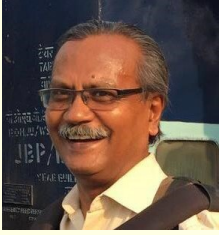
**Dr Saurabh Sharad
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rashtra.

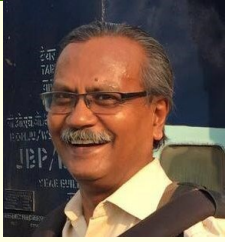




Dr. Malay Nandy, MD
Director Medical Oncology,
Jaypee Hospital, Noida, UP.

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 India. I am sure it will dazzle you.



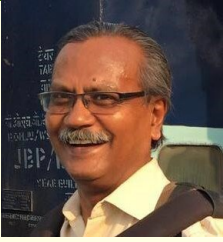


Dr. Malay Nandy, MD
Director Medical Oncology,
Jaypee Hospital, Noida, UP.



Malay Nandy





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



Malay Nandy

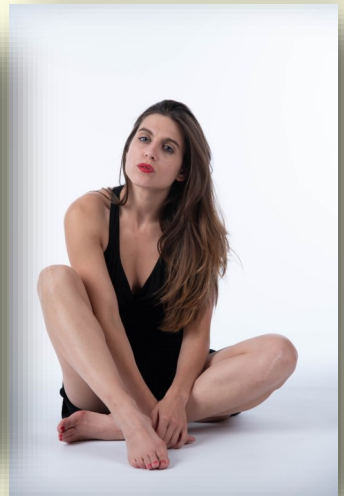


Malay Nandy



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 please you.



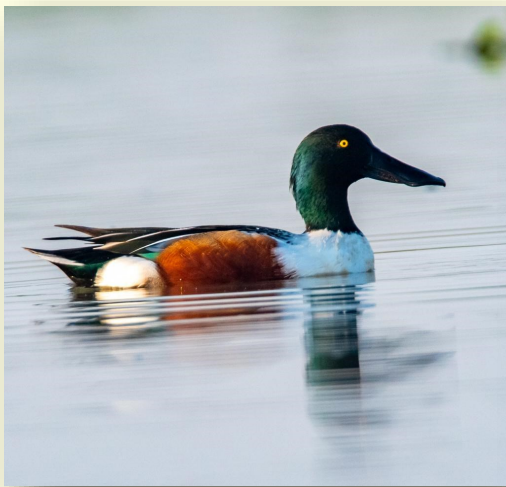


Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

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}.

Painting & music were his dream. He learnt classical music from a Ustad who was a teacher of his mom. He graduated in music & progressed to the mark of sangeet prabhakar.

He is a self taught painter. He revived his painting after a gap of almost 4 decades. So he thinks himself a novice as far his painting is concerned. He finds peace in playing with colours. Here are some of his photographs of duck.



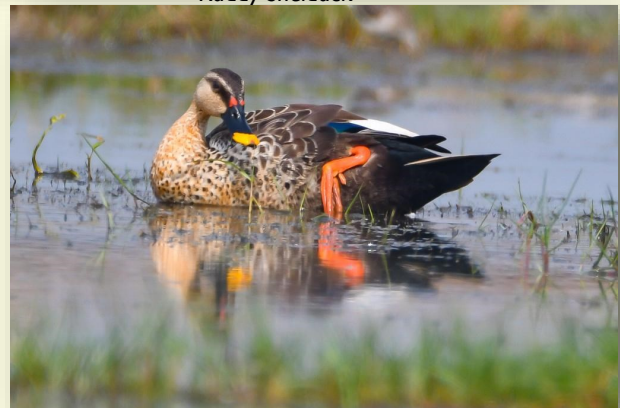
Northern Shoveler



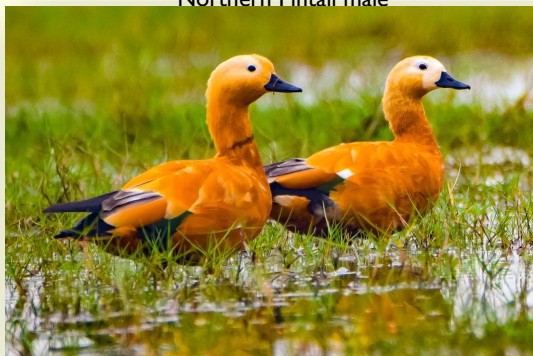
Ruddy Shelduck



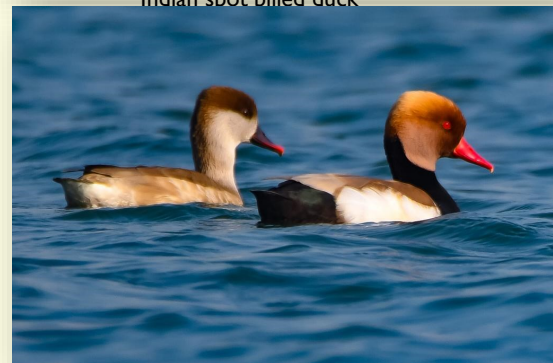
Northern Pintail male



Indian spot-billed duck



Ruddy shelduck



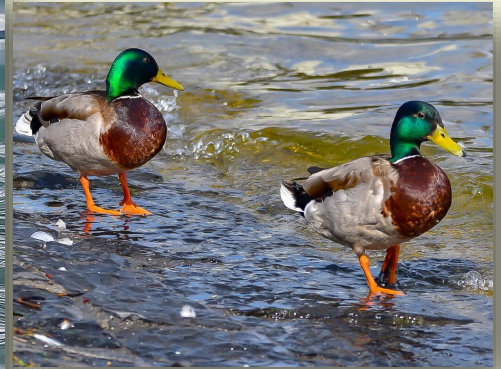
Red-crested pochard



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



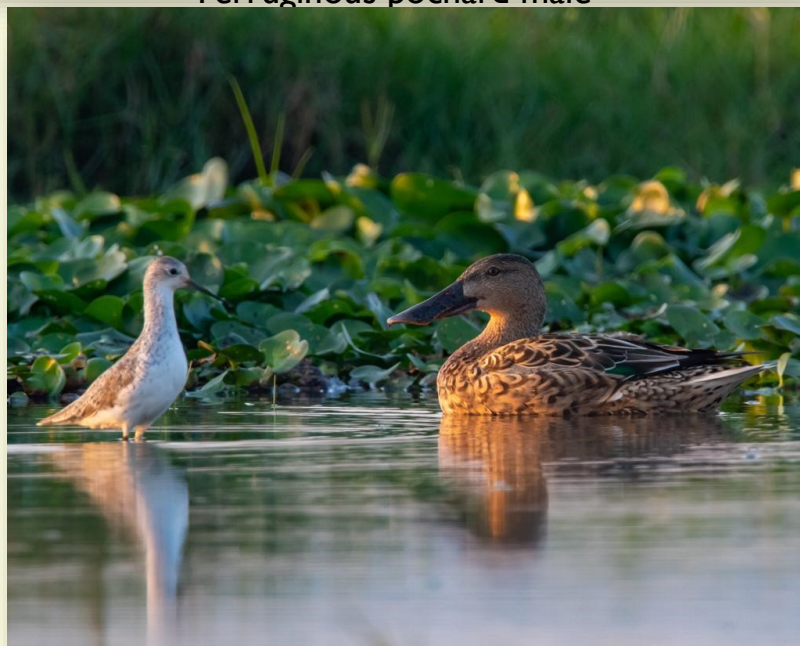
Mallard Female



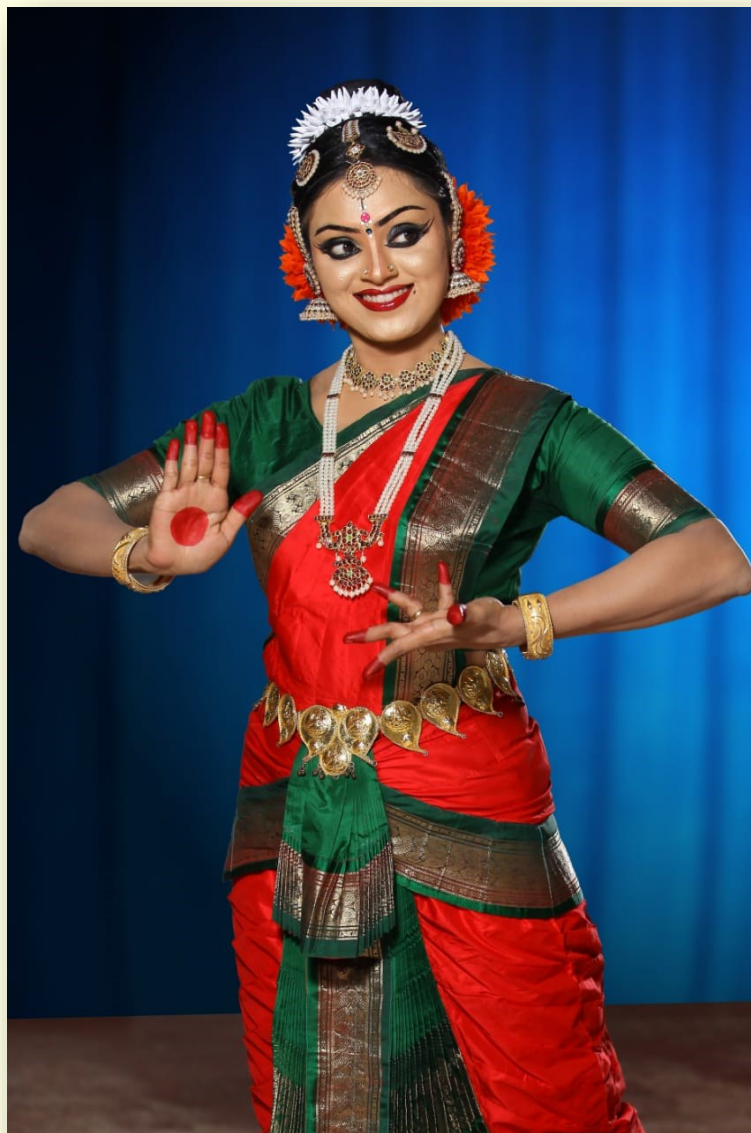
Mallard Male



Ferruginous pochard male



Northern Shoveler female



Dr. Juni Menon (M.S,D.O,DNB ophthalmology) is working as an Ophthalmic Surgeon at Arogya Medical Center, Surat, Gujarat.

She is also a classical dancer formally trained in Bharatanatyam, Mohiniyattam, Kuchipudi.

She is also a fine artist - oil and Acrylic paintings, Pencil and charcoal sketching are her fields of interest.

- Formally trained in Bharatanatyam, Mohiniyattam, Kuchipudi for several years under eminent Gurus.
- Started learning Bharatanatyam at the age of 6
- Arangetram (first debut performance) at the age of 11
- Performed at numerous stages and art festivals since then.
- Was the winner at the All Kerala State Youth Festival in Bharatanatyam, Mohiniyattam and Kuchipudi.
- Won the Kalathilakom title (Best female artist), three consecutive times at the All Kerala Balajana Sakhyam Youth Festival.
- Was the recipient of the "Monisha Award " for Bharatanatyam among participants of the 4 South Indian States
- Was also the winner of Kalathilakom title, ie, the best female artist of Mahatma Gandhi University (College level).
- Learning saga continues...Now performing on stage whenever time and circumstances permit.
- In this huge ocean of art, sipping a tiny drop itself seems like ecstasy.

***Yatho haṣṭa thatho dṛiṣṭhi,
Yatho dṛiṣṭhi thatho manah,
Yatho manah thatho bhavah,
Yatho bhavah thatho raṣa'***

Where the hands go, there should go the eyes,
For where go the eyes, there goes with it the mind;
Where goes the mind, there follows the sympathetic
imagination
And where rests imagination, there is the flow of aes-
thetic enjoyment

ing the human goal, 'Purushartha' i.e.-Dharma
(righteous conduct)

Kaama (desire)
Artha (wealth)
Moksha (salvation)

Historians advanced several interesting
theories regarding the origin and evolution of
this dance form. The broadly accepted theory is
that since Sage Bharata wrote Natya Shastra,
formulating the principles of dancing, the
dance form is known as Bharathanatyam. An-



Classical dance, like classical art, is born out of an inner urge to conceive, realize, express and experience the beautiful. Its genesis is a direct result of the magnified urge for, and expression of aesthetic experience. Indian classical dance uses the body as the medium or an instrument wherein the mind has the greatest facility for creativity. The technique and the symbols have been well structured and codified. We are embodied in the ancient treatises like Bharata's 'Natya Shastra' and Nandikeshwara's 'Abhinaya Darpana'.

Bharathanatyam which bases itself on these treatises is an ancient Indian traditional classical dance form. It has evolved elaborate representations for the Indian pantheon, reflecting a relation between classical art and religion resulting in spirituality. Bharathanatyam offers the best opportunity to regard one's body as a sacred instrument for achiev-

other interpretation is that the word 'Bharata' represents the three essential aspects of the art:
'Bha' for bhava (exhibition of emotions)
'Ra' for raga (music)
'Ta' for taala (rhythm)

Bharathanatyam previously known as 'Sadir attam' originated in the state of Tamil Nadu in South India in the 4th century. It was Rukminidevi Arundale, in the 20th century who helped revive Bharathanatyam after Hindu temple dancing was banned by the British colonial government in 1920.

The art of Naatya is divided into 3 aspects:

Nritta

It is intricate abstract dance consisting of stylised movements and poses which are devoid of dramatic content. It has 2 major constituents

a) Taala [time measure]

b) Laya [basic rhythm/ tempo]

Hand gestures of karanas used in Nritta are only decorative and serve to add grace and variety.

Nritta is of 2 kinds:

Taandava – energetic and forceful

Lasya- graceful

Nritya

The dance which is suggestive, expressive and interpretative with every movement and gesture embedded with meaning. It is related to the sentiment (Rasa) and the psychological states (Bhava)

Natya

The term Natya is drama proper which has a plot. It is the visual presentation and a combination of drama, music and dance so as to end in the creation of Rasa or aesthetic enjoyment.

The Bharathanatyam repertoire or Maargam is the sequence of performances in Bharathanatyam viz. Alarippu, Jatiswaram, Shabdam, Varnam, Padam, Jaavali, Keertanam and Tillana followed by Shloka or Mangalam. The above Maargam is performed during Arangetram (first debut performance). The accompanying music is in the Carnatic style of South India. The Nattuvanar is the conductor of the dance recital controlling the rhythm resulting in complete harmony between the dancer and the orchestra. Usually the Guru does the Nattuvangom (Thalam – a small metallic cymbal). The orchestra includes the vocalist along with the instruments like mridangam, flute, violin, veena and tempura.

Among the many dance styles we have in the subcontinent, it is perhaps Bharathanatyam

which represents the dancer as a Goddess; her costumes, her jewellery, her stance, the clear and precise geometries of the inner space in 3 dimensional sections. This is also why the grammar of its steps, posture and motion has a certain mathematical formality to it which is what makes it possible for the dancer to represent the inherent laws of the universe by implication through well-known myths and stories. The ability to hint at this insight through dance is a measure of the dancer's greatness.

This is why while the dance takes place right in front of the stage; still it belongs to an invisible world behind from which the dance itself is be-

lieved to have emerged. In the Indian context, there should be no need to explain Nritya in Bharathanatyam. The whole universe and all that it contains has been originally defined as a massive dance and the many temples stand witness to this understanding of life. All the temples from Konark and Khajuraho, Madurai and Hampi, depict dance as a cosmic condition in thousands of statues always pointing at the magic and illusion of the dance



that is extant in all things. This awareness is universal and lies hidden in the march of life and its many anniversaries. The understanding of these truths is never mentioned directly but enters the consciousness of a child through the oral transmission of the art and is practised from early childhood when the first steps are taught.

Being a creative art, Bharathanatyam has undergone changes but without losing its roots. This art form today as a dance form of aesthetic beauty, devotion and knowledge has crossed all barriers, has extended far beyond Indian boundaries, and has established a special place for itself in the world of performing arts.



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. In this issue he has come up with some interesting extra-curricular achievements of few doctors from Calcutta Medical College.

The other edge of the Scalpel - Part II

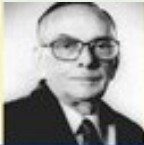
Medical College Bengal/Kolkata (MCB/MCK) was established on 28th January 1835. She has produced many a gem spread over globally. They are renowned in their own fields but excelled in other fields of life too. Here is a part of compilation who had enriched our literature in various form.

They are perfectionist

They have excelled in the profession

They made a mark in other fields of life.

The story continues.....



2019

A DREAMER-DOER OF DEVELOPMENT

Bidhan Chandra Roy

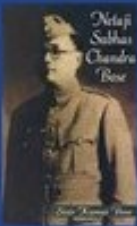
Although a stalwart in the Professional domain, his Extra-curricular success makes Bidhan Chandra Roy the most memorable **ABERRANT ACHIEVER** of the entire Bengali Medical fraternity.

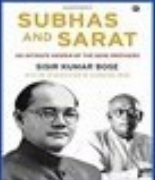


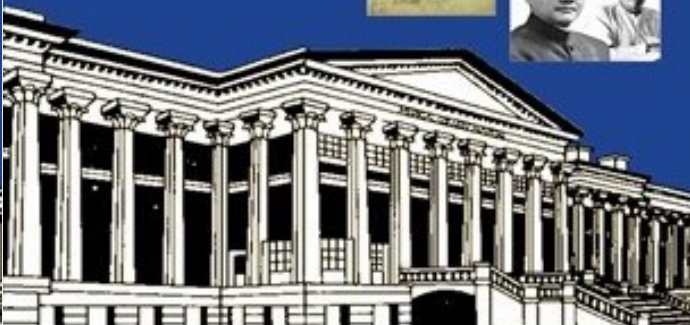
He was a dreamer with a practical Vision, a doer of effective transformation and a cultivator who sowed the seeds of longlasting benefits.

DR SISIR BOSE, A GRAET PAEDIATRICIAN FROM NETAJI FAMILY HAS CONTRIBUTED MUCH ABOUT NETAJI TO THE WORLD.

HE WAS ASSOCIATED WITH INST OF CHILD HEALTH TILL HIS DEATH





DR SHYAMAL SEN A PIONEER NEUROPHYSICIAN AND A GREAT TEACHER WAS ASSOCIATED WITH RKM SEVAPRATHITHAN IN HIS LATER PART OF LIFE. HE SHAPED NEUROLOGY DEPT AT SSKM HOSP,& MCH

HIS BOOKS ON YOGA AND NEUROLOGICAL DISORDERS ARE WELLKNOWN



DR SUMITA DAS, A BRILLIANT STUDENT FROM NABADWIP GOT INVOLVED WITH POLITICS & ANEEK MAGAZINE FROM THE BEGINNING.

SHE MAINTAINED A GOOD BALANCE WITH STUDY,POLITICS AND FRIENDSHIP.

SHE LEFT CGHS MUCH EARLY TO STUDY VARIOUS SUBJECTS OF HER CHOICE & TO WRITE BOOKS. GRADUATED FROM MCB IN DEC 82. SHE IS ACTIVE AND VOCAL ON HUMAN RIGHTS

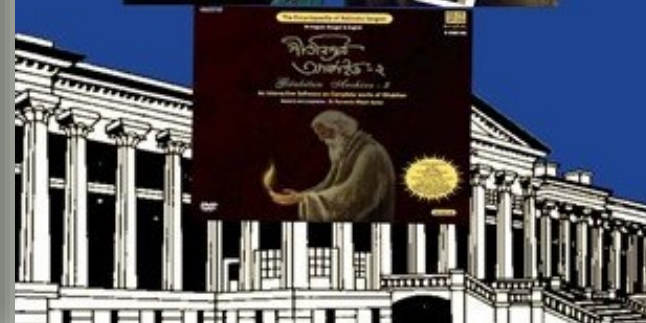


DR KALLOL RAYCHOUDHRY POPULARLY KNOWN AS THE DOCTOR OF MOVEMENT DISORDER.,GRADUATED DURING JUNE 1982. HE WAS CONFERRED .D.SC FROM THE LONDON UNIV

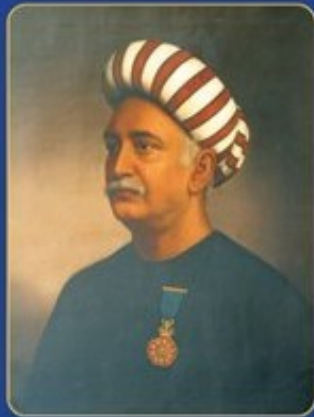
APART FROM WRITING MANY BOOKS ON NEUROLOGICAL DISORDERS, -- HAD CO-AUTHORED A RARE BOOK 'MAN MALADY AND MEDICINE' WITH HIS FATHER



DR P B SARKAR RUNS HIS OWN CLINIC AT SALT LAKE (SALT LAKE EYE FOUNDATION) APART FROM WRITING ON HIS SUBJECT ON REGULAR BASIS ,HE RESEARCHED ON TAGORE



RAJENDRALALA MITRA



2019

DR PUNYABRATA GUN
IN ONE LINER IS A DOCTOR DOOR TO DOOR
HE RUNS AN EXEMPLARY CLINIC NEAR
ULUBERIA -- SHRAMIK KRISHAK MAITRI
SWASTHA KENDRA
A CLOSE ASSOCIATE OF SANKAR GUHANIYOGI,
HE WAS ONE OF THE EARLY DOCTORS WORKED
AT SAHID HOSPITAL
ACTIVELY INVOLVED WITH PUBLIC HEALTH
MOVEMENT AND HEALTH AWARENESS
WROTE SEVERAL BOOKS ON IT AND OUTSIDE



RAJENDRALALA MITRA

Instead of becoming a physician, Rajendralala achieved the Status of an unparalleled Indologist and linguist. The first Indian president of the Asiatic Society (Bengal), he is still Acclaimed as the pioneer historian of the Indo-Aryan race & The state of ORISSA. Rabindra Nath Tagore called him 'an Uncompromising crusader'. This inherent quality prevented Him from returning to this college when he was only Nineteen.



WITHIN AND AROUND SPOTLIGHTS

Shuvendu Chatterjee

Rasraj Amritlal Bose, the celebrated actor And playwright, maintained a short spell of Studentship in this college. He disgressed to the Stage without finishing his medical studies.

Another appreciated actor, albeit far junior Shuvendu Chatterjee (1936-2007) completed the medical course and housemanship in Orthopedics. He also had a transient Employment in the Kolkata Corporation.

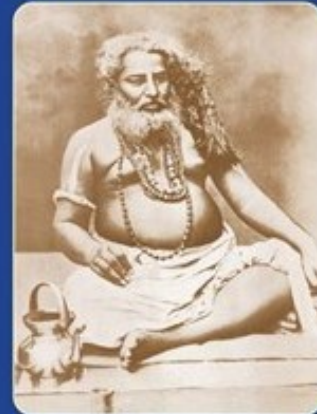
But Shuvendu's success kin Mrinal Sen's Akash Kusum led him to a difficult decision-he Permanently chose the spotlights of the studio, Rather than those of the operations theatres.



BIJAYA KRISHNA GOSWAMI

Initially Bijayakrishna exerted all his energy for the Brahmo Samaj and became a social activist & reformer. Later on, he denounced the Brahmo MOVEMENT, became a vaishnava ascetic and led the life of a spiritual guru. Today he is remembered by his followers & the greater society for his spiritual sayings and contributions. His militant character, as a leader of medical students, has been tarnished by time and superimposed by the image of a sadhu

BIJAYA KRISHNA GOSWAMI



AN ACTIVIST ASCETIC

A brilliant student, Indubhushan Bose (1892-1975) bagged all the Scholarships & medals of his college. He stood first in the final M. B. (1917) with honours in all subjects. He completed his M.D. within one year of his M.B., a record which was never overtaken in 1948, while on the zenith of academics & private practice, he became an ascetic under the name of Yatindra Ramanujdas. To pursue this new path, he settled down in Shukchar-kharda, founding a religious organization called Shri Balaram Dharmasopan. For the sake of rural development, he also establishes a school and a hospital. At the same time, he translated volumes of Tamil Vaishnava literature in bengali.

Indubhushan Bose



Yatindra Ramanujdas

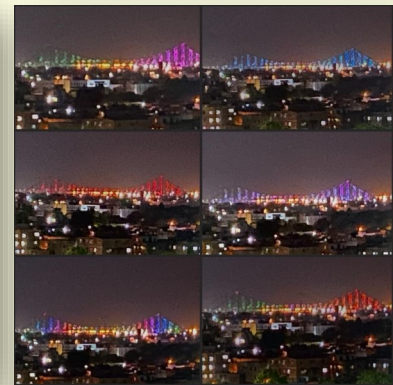


Calcutta Canvas - Narration and Photographs - Dr. Debjani Gupta



Dr Debjani Gupta
DCH MRCP (UK)
Consultant paediatrician and neonatologist
Narayana Multispeciality Hosp Howrah
Zenith Super speciality 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 two issues, we had read her poem and seen some of her sketches. In this issue she takes over mantle of Calcutta Canvas from me. She has covered flavours of Kolkata and surroundings in this issue and that will surely mesmerize you.



Calcutta Canvas





Calcutta Canvas

KOLKATA CALLING

Flawed and messy but resplendent with the gentlest of dawn breaks, picturesque sunsets, the golden godhuli and the songs for the moon in all its splendour.

So steeped in the glory of its history and heritage that it stumbles back and forth in its present while presenting a picture of quiet confidence about its distant future.

SHOB THEEK HOYE JABE(everything will work out in the end) - the reassuring phrase was probably born here.

HYAN DEKCHI(let me see what I can do!!) - A slower pace of life which at the best of times is a soothing comfort and at the worst of times it is a frustrating irritant...this is something that one acclimatises to.

ADDA - the word was conjured just for the people of this city!!

Gathering of friends which debates, discusses and solves All issues and problems that abound the earth over a cup of tea with complete disregard to the ticking of the clock.

In spite of all its innumerable limitations it is A City With A Warm Soul, that you slowly recognise and learn to love .

It grows upon you- takes time , but the roots dig deep.

Where on earth would you find,

-the sweet Tala water, without which the thirst is not quenched.

-the zing and tang of street food, that make the eyes nose and the taste buds sing in unison.

-the mouth watering seasonal Nolen gur sandesh and Rosogolla, that get transported the whole wide world over.

-the exquisite cuisine with its recipes zealously guarded and handed down the generations .

-the 5 days of celebration of joyous faith as the clan comes together during Durga Puja time and stays over for Bhai Phota and Diwali. A time when aesthetic Art reaches its zenith and traditions get revisited.

-The Kolkata Winter when nature beautifies the city to welcome the migratory birds, the NRIs with roots here, the passionate readers at the Book fair and divine musical concerts set to all the seasons and phases of life.

As a 16 yr. old when I semi permanently landed here from the cooler gentler climes of picturesque Ranchi...the onslaught of the vendors and the all pervading smell of fish at the Howrah station (place of entry) every time made me want to hop on to the next train back home! Superimposed on this was arrival at a college hostel that had no fans at that time and age!!!!, journeying on the overcrowded buses or the trundling Trams or the yellow Ambassador cabs!!! BUT, it was during that phase here, I made some friends for life. A handful of beautiful people who continue to stand with me today.

College introduced me to North Kolkata - the geography of the by lanes was bewildering to say the least.

It is much later that I learned to see between the layers-

the architectural wonder of the sleepy houses some of them centuries old, that coexisted comfortably with the high-rises. It is only with time one understands the laughter and the stories of the "para " and the helpful spirit that abides here.

Over the last many decades my travelling shoes have crossed continents and oceans, stopped at picturesque country sides and sprawling finest of cities.

But in happiness and sorrow...in faith and despair...in my highs and lows there is no other place I would rather be.

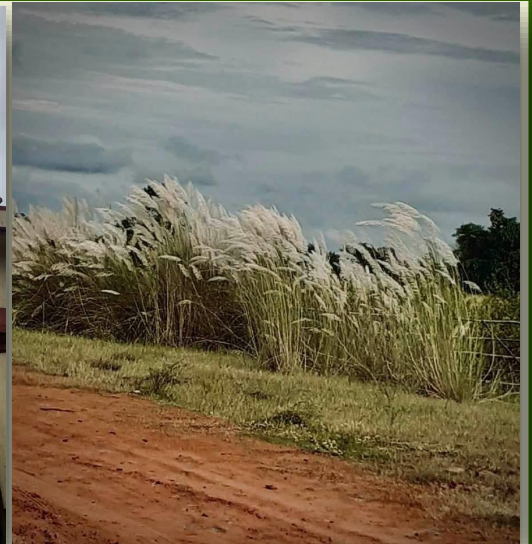
KOLKATA IS NOT JUST A SPRAWLING METROPOLIS

Kolkata - is a way of living

Kolkata- is friends for all seasons

Kolkata- is family and home.

Calcutta Canvas





A village in the Western Ghats in Maharashtra, India. A4 watercolour

Painting by Dr. Sanjeev Kumar Handique.

Next issue in October 2020

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

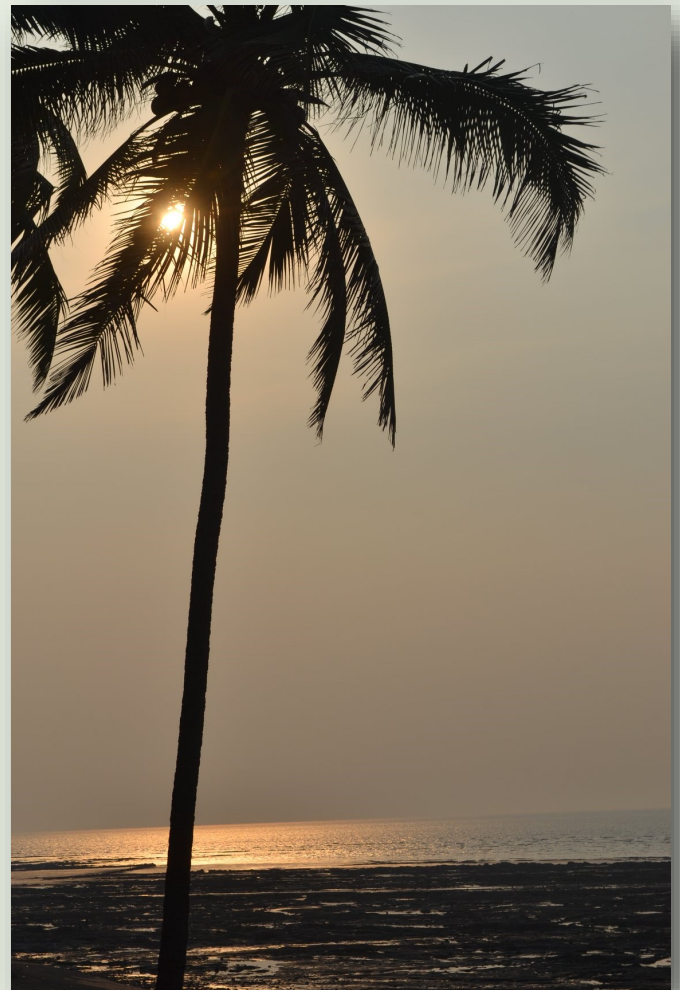
I am hereby inviting all the professionals who indulge in extra-curricular activities to share her/his work with me and if it is of good quality, we will surely publish it.

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 September, 2020. You can send the word file to my email: viralparekh@otlook.com.

So friends, take care and be safe. This corona pandemic is still at its peak, so be safe and take utmost care.

So long. Viral Parekh



Viral