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Reflections

Volume I, Issue 7

October, 2020

Radiologist's Musings - Viral Parekh

Hii, Namaste,

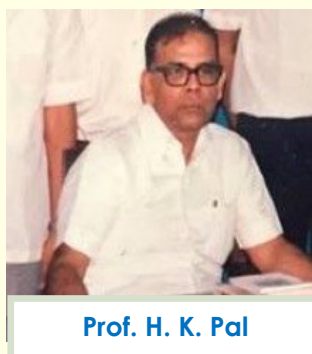
This is Dr. Viral Parekh, a Radiologist from Kolkata, India. Here is seventh issue of Reflections. In this issue also Doctors from all over India have contributed their art.

On 5th. of September, Teachers Day is celebrated in India to commemorate the birth anniversary of Dr. Sarvepalli Radhakrishnan - First Vice President of India and the Second President of India and an educationist at heart.

Besides parents, teachers make a huge impact in our lives and help us shape our goals and vision. There are many teachers who had influenced me in my school as well as in my college. But one person whom I admire most is Dr. H. K. Pal, who was Professor and Head of Department of Medicine in R. G. Kar Medical College & Hospital. I am yet to see a clinician and teacher as good as him. He was the person who taught me art of Medicine and got me so interested in the subject that I became passionate about my profession. As somebody had said that teaching is leaving a vestige of one self, in the development of another.

William Arthur Ward had said that "The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher

inspires." Professor Pal did exactly that to me. I am and will remain grateful to him for the lessons I learnt working under him as his house staff for one year in R. G. Kar Medical College and Hospital. Though Prof. Pal's mortal self is not there any more but he continues to reside in my heart.



Prof. H. K. Pal

This pandemic is still wreaking havoc and one of my classmates from R. G. Kar Medical College, Dr. Hiranmoy Bhattacharya lost his life to Covid. He was one of the most affable persons of the class. In medical colleges most of the classmates study and work together for almost 7 years in undergraduate period and 3 more years if you are doing post graduation in the same institution. In the process, most of the students develop strong bonding and few of them become your extended family. Though Hiranmoy was not in regular contact with most of our classmates due to his very busy practice. In spite of this, his loss saddens all of us a lot. He was a doctor

in the truest sense. He was a son of the soil and was one of the most popular family physicians in Naihati, which is around 43 kms from Kolkata. He was called Dr. B. C. Roy of Naihati.

According to one of our classmates Dr. Jayanta Chatterjee - "He had no ambitions to flaunt his academic qualifications to his pals. He never bragged about his achievements. He was the quintessential people's doctor. I salute his spirit, his cheerful personality, instant communication with



Dr. Hiranmoy Bhattacharya

people, approachability and gentle nature. As a friend I envy his simplicity, his selflessness, his being at peace with his surroundings. He chose to be close to his roots".

We will miss you Bandhu.

This issue would not have been possible without the help of Dr. Indra Neil, Dr. Nivedita, Dr. Palash, Dr. Juni, Dr. Nifin, Dr. Harshith, Dr. Madhuri, Dr. Kanchan, Dr. Sanjeev, Dr. Varsha, Dr. Ritu, Dr. Saurabh, Dr. Bhaskar Das, Dr. Malay Nandy, Dr. Sushanta, Dr. Aruna, Dr. Saikat and Dr. Debjani. I am obliged and sincerely thank all of them.

Music



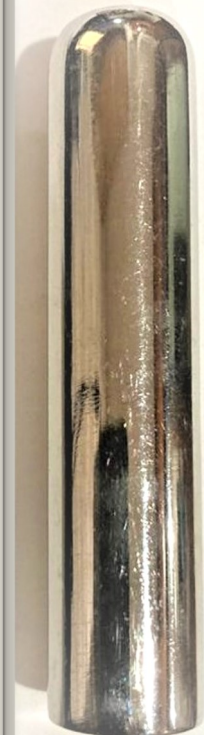
Hawaiian guitar is also known as lap steel guitar. It was the first musical instrument which I started learning when I was studying in class VII. But could not continue after entering class X due to impending Madhyamik exams. After which there was pressure to pass Joint Entrance Examination and to fulfil dream of becoming a Doctor. After entering the medical college, one gets engrossed in studies and other extracurricular activities happening in college campus. After that one struggles to do post graduation and then struggles of real life start. In the process, I forgot my first love - Music. But after a life changing event, I realised that life without music is rudderless. After that event in 2010, I bought the above shown guitar, which is electric-acoustic guitar. It not only adorns the wall of my room but warms my heart too when I play it. After buying a musical instrument after a hiatus of 35 years, I have developed an obsession of buying musical instruments of various types and try to learn to play every instrument. As in famous Nat King Cole song - "you are my personal possession, my very own", yes it is my magnificent obsession.

Hawaiian guitar has 6 strings and is it played by sliding a steel bar over the strings. The steel bar is held in left hand and strings are plucked by right hand in right handed persons. Few left handers personalise the guitar according to their own preference. Guitar stings are plucked by finger and thumb picks. Finger picks are worn on index and middle fingers. Like its popular counterpart Spanish guitar, it can be purely acoustic, acoustic-electric or purely electric.

It is widely used in Indian classical music as well as Western country and Blues music. The Indian classical ragas can be easily played on this guitar because of its inherent property of continuous pitch. Another property of the instrument is the fact that when a note is sounded on a steel guitar, it continues to sound until it is physically silenced by the player. On a traditional Spanish guitar a note stops as soon as the player's finger is lifted off the fret. The steel guitarist must play the note and physically stop it afterward. This technique is called "blocking" and may be done by the player's palm (palm-blocking) another digit (pick-blocking.)

The tuning of the guitar varies in Indian classical and Western country or blues music. The standard tuning in Country or Blues music, is DGBDBG. That means 1st and 4th. strings are tuned to D, 2nd and 5th. strings are tuned to B and 3rd. and 6th. stings are tuned to G notes.

Slowly, it is losing its charm in younger generation, but it will continue to thrive and will never lose its utility in Blues and country music. In every December, a guitar festival is organised in Kolkata for 2-3 days, where guitarists from all over the world play Spanish as well as Hawaiian guitar and enthral the audience. It might not be held this year due to ongoing pandemic. But, my heart yearns to attend the Guitar festival as soon as it is held again.



Literature

हैं और भी दुनिया में
सुखन्वर बहुत अच्छे
कहते हैं कि ग़ालिब का
है अन्दाज़-ए बयां और

कलकत्ते का जो ज़िक्र
किया तू ने हम-नशीं
इक तीर मेरे सीने में
मारा कि हाए हाए

आह को चाहिए इक
उम्र असर होते तक
कौन जीता है तिरी
जुल्फ़ के सर होते तक

आ ही जाता वो राह
पर 'ग़ालिब'
कोई दिन और भी जिए
होते

कहते हैं जीते हैं उम्मीद
पे लोग
हम को जीने की भी
उम्मीद नहीं

इस सादगी पे कौन न
मर जाए ऐ ख़ुदा
लड़ते हैं और हाथ में
तलवार भी नहीं

Hazaaron khwahishen aisi ke har khwahish pe dam nikle
Bohat niklay mere armaan, lekin phir bhi kam nikle

Daray kyon mera qaatil? kya rahega us ki gardan par?
Voh khoon, jo chashm-e-tar se umr bhar yoon dam-ba-dam nikle

In Urdu Shayari, a person whose name is taken with highest respect is that of Mirza Ghalib. Mirza Ghalib was a Urdu and Persian poet during the last years of Mughal rule. The ghazals and shayaris written by him still attract young lovers. Mirza Ghalib's shayaris used to be short and sweet, which helped them to reach the masses.

Even though Ghalib was never fully appreciated in his own lifetime, today, his name is synonymous with Urdu poetry. His verses, which were far too advanced for his times, are not only recited in Urdu but have now gone beyond borders and languages.

Mirza Ghalib was born on December 27, 1797 at Kala mahal in Agra. His father's name was Mirza Abdullah Baig Khan and mother's name was Izzat Nisa Begum. Mirza Ghalib's original name was Mirza Asad-Ullah Baig Khan. His ancestors lived not in India but in Turkey.

There is no adequate information about Mirza Ghalib's education. All the information received is found in the poems written by him. Mirza Ghalib started teaching Persian and Urdu at the age of 11. Most of the ghazals by Ghalib are written in Persian and Urdu, which are rich in tradition and full of romance. His Persian Divan used to be at least five times longer than his Urdu but his fame rests on his poetry in Urdu.

At the age of 13, Mirza Ghalib was married off to 11-year-old Umrao Begum. Mirza Ghalib described marriage as a prison in life. Evidence of this is seen in the condolence letter of the death of his friend's wife, in which Mirza wrote, "I am sorry. But envy him too. A sad aspect in Mirza Ghalib's marital life is that Ghalib had seven children, but none of the seven children could survive.

His poetry depicts not only his failed love and life, but also the mysticism of life. Ghalib was a gifted letter writer too. He made his letters talk by using words and sentences as if he were conversing with the reader.

Mughal emperor Bahadur Shah Zafar was also interested in Sher and Shayaris and Mirza Ghalib was incorporated as special courtier in his court. After the 1857 revolution, Mirza Ghalib's life changed completely. In the struggle, the Mughal army was defeated by the Britishers, after which Bahadur Shah was sent to Rangoon by the Britishers. That brought end of Mughal rule. Mirza lost his income and faced severe financial crisis. The finest poems of his life in Mirza were written at this time.

Mirza Ghalib breathed his last on February 15, 1869.



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

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.

From a Doctor's Heart

Of the countless nights spent
and the ample books that I have read
It is for the greater passion to cure
and not for a mere loaf of bread

Life and death are entities
Not entirely within our hands
But with care and compassion
we strive to ensure, that mankind
always has its stand.

War

Before the war, he had a house
by its window, he and his mother would wait
and when his dad returned home by dusk
they would run to him straight.

With war, his home is now gone
by the rubble he cries alone and sad
his mother still, neath the broken bricks
and the dusk returns... but not his dad.

Unquenched

My eyes
never thirsted
for a memory
until you were gone
and now
the poem and the pillow
claim their share.

September Dusk

i.

The auburn leaves bid adieu
to summer's scent and
swirling to their sanctuary,
kiss the moist lips of earth
which so eagerly embellishes
those season's souvenirs;
and with the softest sigh
a leaf lands to its liberation.

ii.

Hovering above are smudges of
crimson clouds – those telltale stains
on the azure apron of a toiling sky
now tired of carrying infinity;
but it endures to savour the serenade
of a bird flock as they rush towards
the setting sun;
the horizon like a possessive lover
hides the sun from the flock.

iii.

A faint grey moon grows
upon the head of a twilight sky —
a sign of an aging day
but as with many, it refuses
to grow old, fleeting away from truth
in hope of reviving at a younger place.



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.

The Agony....

I learnt to play with sand and hay
The storm came and washed it away
I learnt to dance to the tunes of the rains
The drought came and took it away

I learnt to admire the sunshine so bright
The clouds came and hid it away
I learnt to enjoy the walk by the bay
The cyclone came and pushed me away

I liked to dress up with designer clothes and make up
But then realized, there was no place to wear them and show up
I liked to watch the actors' movies and plays
Then the news came that they had all passed away

I learnt to find bliss in helping a friend in distress
But all my efforts went in vain
as I saw her succumb to injuries with pain
Disheartened I wondered
Is it a contrivance of the universe?
To snatch away the very thing
that we desire utmost?

Whispered in my ears
The zephyr blowing fierce
"It's good to admire
without the intention to desire.
Benevolence is divine
without attachment of any kind.
You are so temporary
in this world of eternal complexity.
Why do you sit and lament?
When you yourself are so evanescent?"
Saying this, the zephyr left,
putting my thoughts to eternal rest.

A clandestine meeting with self

With collage of memories stitched together
Sipping a cup of coffee in my room's corner
Travelling down the memory lane, I ponder
Whatever befell, was it destined? I wonder!

The eyes that never met
The call that was never made
The words that remained unspoken
The friendship that remained broken
Whatever befell, was it destined? I wonder!

The hard work that never bore fruit
The appreciation that never came by
The path that remained uncrossed
The wish that never transpired
Whatever befell, was it destined? I wonder!

The help that backfired
The miscommunication that never got rectified
The feeling that remained misunderstood
The kind gesture that was never acknowledged
Whatever befell, was it destined? I wonder!

The dream that woke me from slumber
Only to realize it was unreal encounter
The contentment that was transitory
The agony that became perpetual
Whatever befell, was it destined? I wonder!

This clandestine meeting,
brought along self awakening
Intention is all that matters,
rest is destiny's calling

To give our best and ignore the rest
Only then can we lead this life
which keeps taking our tests!



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 ART OF KERALA MURAL PAINTING

A mural is an art work painted or applied directly onto walls or ceilings, or any other permanent surface. Kerala mural paintings, which have a unique charm, can be found on the walls of temples and palaces across the state. Most of them were done between the 9th and 12th centuries. We have lost many of the art works over time as some of the structures that held it were destroyed or worn down. Apart from its artistic value, the old murals also reflected the lifestyle of ancient times. They provide valuable insights into the early Dravidian art and culture. The oldest painting was discovered at Thirunandhikara cave temple at Kanyakumari, which is believed to be from the 10th century.

Some of the most stunning visual depictions from the *puranas* are showcased through traditional murals. This rare and unusual style blends together a majestic and surreal art form that portrays the splendour and timeless heritage of ancient heroes and their glorious tales through pigments from natural minerals and plants.

Traditional Kerala mural paintings primarily used 5 basic colours – the *panchavarna* representing the 5 elements. Ochre red, ochre yellow, green, black and white which were made using natural materials available in nature, such as saffron, laterite, coal, patina and leaves. The brushes were made using grass (*kuntali pullu*) and fine hair from calves' ear. *Nilamari* (indigo) leaves are used for its natural green pigment. White is obtained from lime, black from oil lamp soot, red from saffron. Wooden utensils are used for mixing the colours. The binding media are tender coconut water and extracts from neem tree.

The colour scheme conveys *srishti* (emanation) *sthiti* (maintenance) *samhara* (resorption) represented by gold, bluish green and white colours respectively. The characters in the murals are coloured according to their characteristics as illustrated in the relevant Hindu mythological scriptures.

Spiritual divine and *dharmic* characters (*sattvika*) are depicted in shades of green. Those influenced towards power and materialistic wealth (*rajasic*) is painted in shades of red to golden yellow. Evil wicked and mean characters (*tamasic*) are generally painted in black.

Ancient traditional murals were done using

natural colours on line plastered walls. The real value and beauty of these paintings can be understood when we have a sense of the hardships undergone by those artists in creating masterpieces which have stood the test of time.

When synthetic paints came into vogue, artists started doing murals in acrylic and water colours on canvas or paper. All these paintings speak a thousand words. What makes this art unique is the way it turns poetry into painting. Traditionally they were based on *dhyana shlokas*, the shlokas that describe scenes and situations from epics like Mahabharata and Bhagavata. The designs have a strong resemblance to the *Thangka* paintings of Tibet. This influence can be due to the trade relations between that existed between the countries years ago.

Traditionally, this type of painting involves 4 different processes:

1. Preparation of the ground (granite and laterite walls)
2. Sketching of the outline
3. Application of colours
4. Addition of decorative details

The Kerala mural painting style has a meditative quality too. It is a slow art that encourages you to look within and it takes a lot of time and patience. One needs to be immersed in the poem or story, imagine the characters and then paint. One peculiarity is that, the eyes are painted at the end as it is believed that the artist is opening the eyes of deity which gives life to the painting. Nowadays people have started buying Kerala mural paintings as gift for people, as a part of interior decorations in corporate offices and other buildings. Artists have also started introducing contemporary themes and newer colour schemes including blue which was not present traditionally. This art form is done on clothes, jewellery, pillars, clay pots, tray and wood panels.

In this rat race to reach for things we don't have, we don't give importance to things that we do have – our traditional art works. Many families are still dependant on these art works for their daily bread and butter. Kerala murals are a symbol of natural beauty and grace, elegance and simplicity and of pious devotion - an ideal souvenir to be treasured for a lifetime.



Dr Juni Menon
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Ophthalmic Surgeon
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Acrylic on canvas. The dancing Krishna



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



The brush made of elephant grass,
used traditionally for Kerala mural
paintings.





Dr. Palash Jyoti Das,
MBBS, MD
Radiologist,
Arya Wellness Centre,
Guwahati, Assam

Dr. Palash Jyoti Das, is also a fellow Radiologist and presently working as Radiologist in Arya Wellness Centre, Guwahati Assam. He done MBBS from Guwahati Medical College and MD (Radiodiagnosis) from Assam Medical College. He did his Senior Residency from PGIMER (Chandigarh)

Drawing and painting is his passion since childhood. Without any formal training he is indulged in art work. After joining medical profession he could not continue due to time constrains. During lockdown period the old passion was rejuvenated and he took pencil and brushes after years. His prime interest is pencil works and human face. Although he always tries to experiment with new things. He has done few pencil drawings over the plastic sheet which comes with CT scan films.



Colour pencil on black chart paper



The King
Colour pencil on plastic sheet



Pride of Assam. The one horned
Colour pencil on plastic sheet



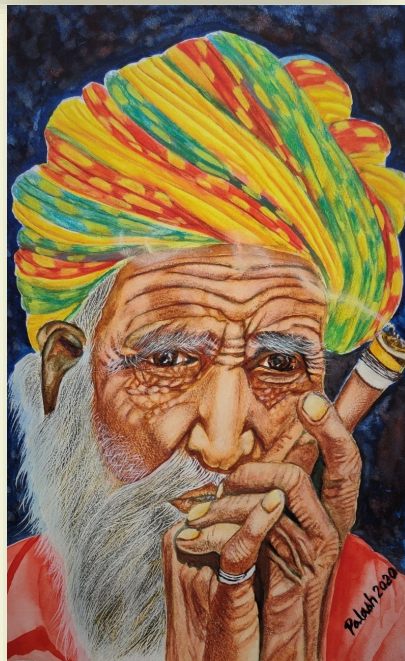
Mother's love. Colour pencil on paper



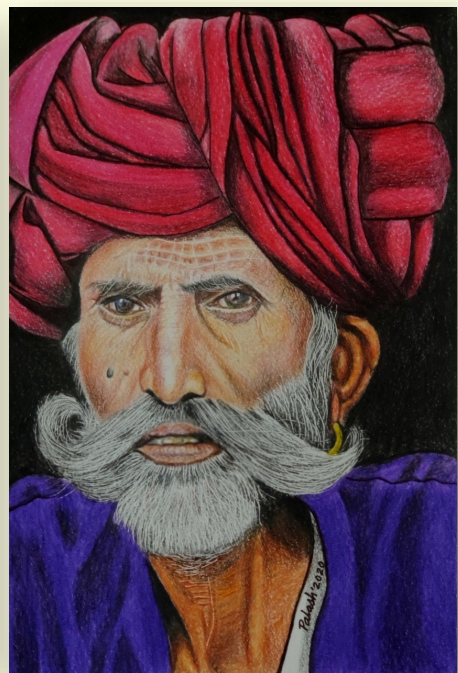
Dr. Palash Jyoti Das,
MBBS, MD
Radiologist,
Arya Wellness Centre,
Guwahati, Assam



Shattered Dreams...
Depicting the underprivileged children in the country deprived of education and childhood play. She is holding the family responsibilities in the arms with shattered dreams in the eyesPencil on paper



Old Indian and cannabis.
Watercolour on paper



Old Indian. Pencil on paper



Ageless love.
Pencil on paper. When we talk about love, we think about cute young couples holding their arms and dreaming about life. But true love lasts beyond ages. The heart has no wrinkles



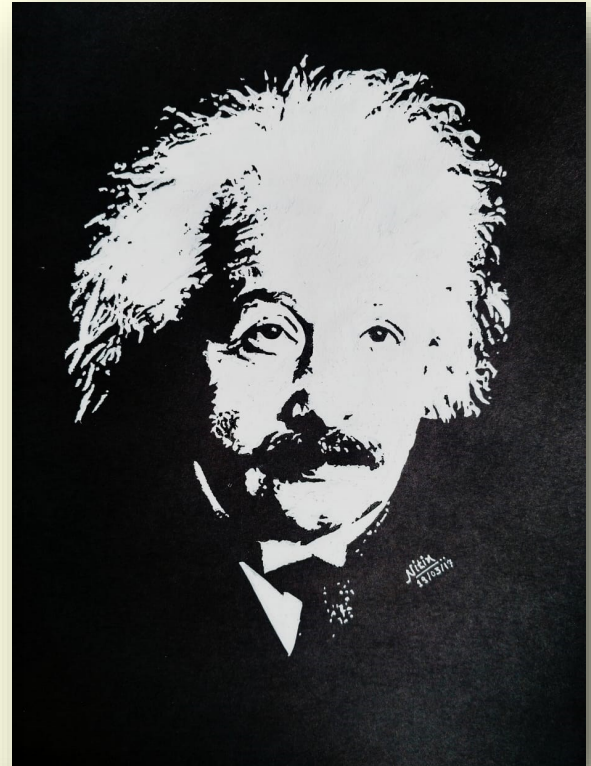
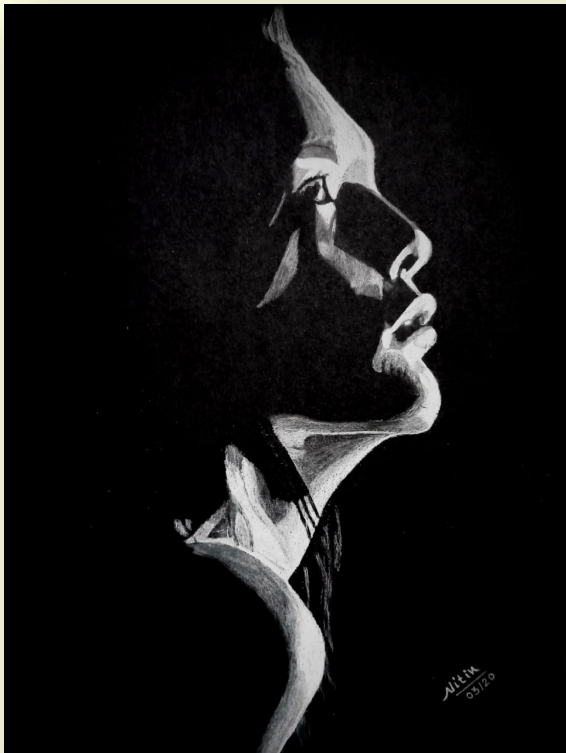
Dr. Nitin Jadhav
MBBS, DMRD, DNB
Consultant Radiologist

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.





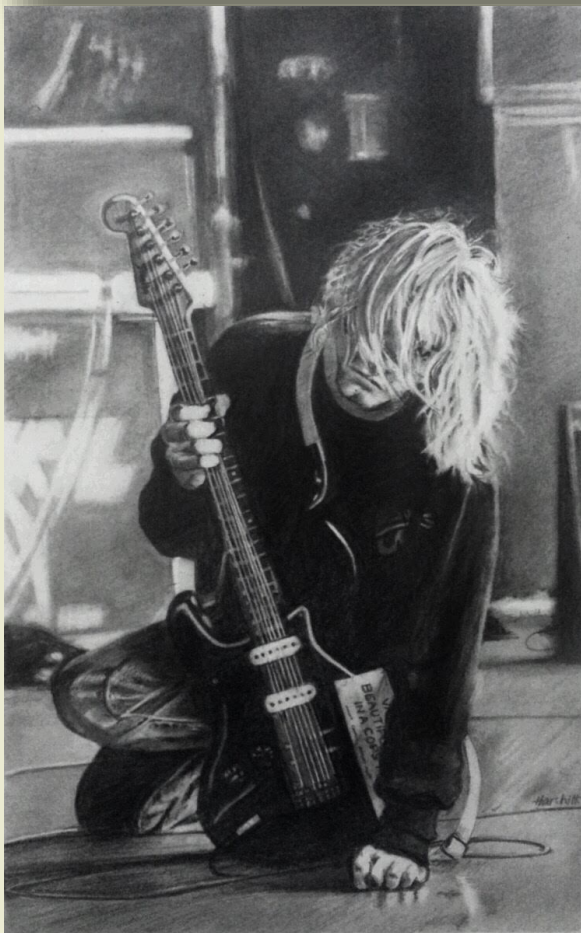
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Jadhav
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DNB
Consultant
Radiologist





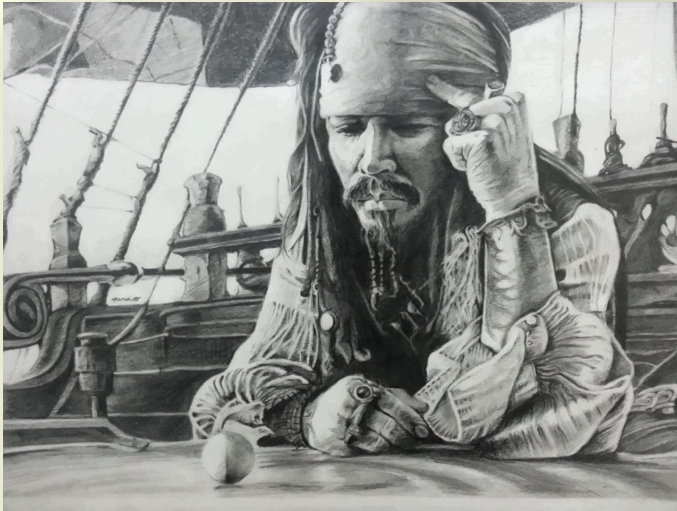
Dr. Harshith Kramadhari
MBBS, DNB, DM
Consultant Radiologist

Dr. Harshith Kramadhari, is also a fellow Radiologist and Assistant professor and Intervention Radiologist at KS Hegde Medical Academy, Mangalore, Karnataka. Painting his passion and here is some of his work. I am sure you will be in awe of his work.





Dr. Harshith Kramadhari
MBBS, DNB, DM
Consultant Radiologist



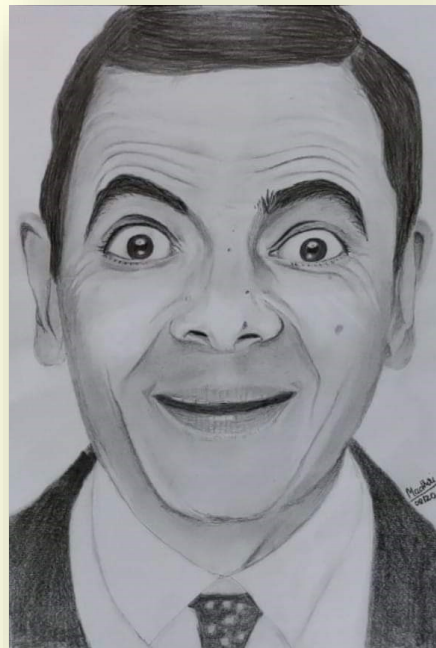
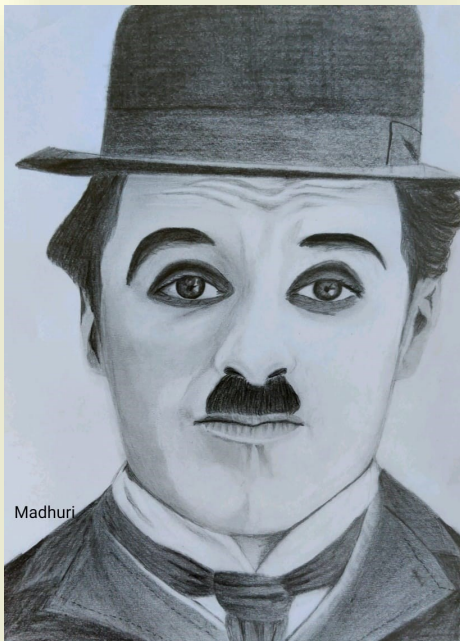


Dr Madhuri Salwe,
MBBS, DMRE.
Consultant Radiologist
Chinchwad, Pune
Maharashtra

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. 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. I am sure will like it.





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.



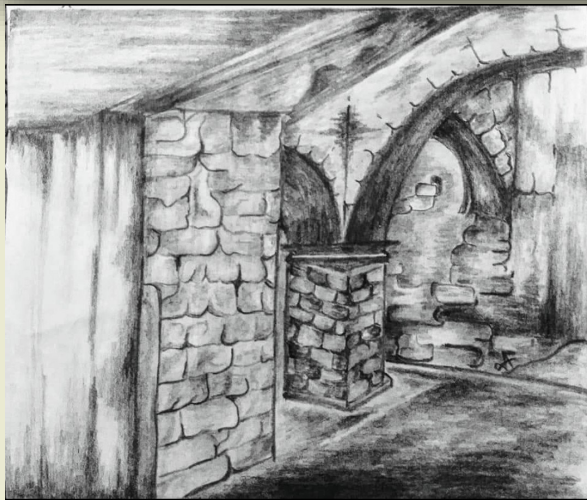
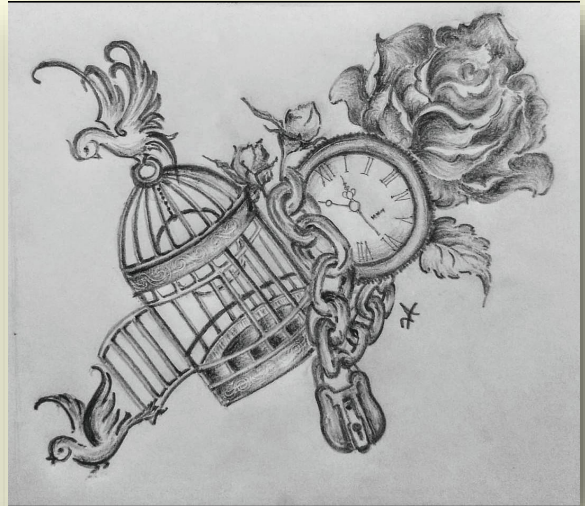
"Jingle Bells Preparatory School" quarter sized line and wash on 300gsm Fabriano CP watercolour paper. This beautiful Assam type house is located in the Chenikuthi area of Guwahati and houses the Jingle Bells school. The school has touched many young lives of Guwahati.





Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.

Dr. Varsha Vaishnav is an ophthalmologist by profession and she practices in beautiful city of Bhopal. Here are some of her sketches and oil paintings. I am sure you will like it.





Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.

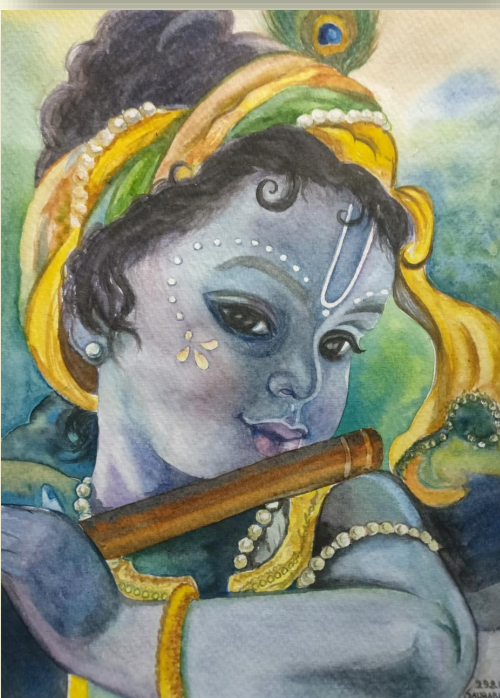




Dr. Saurabh Sharad Deshmukh,
MBBS, MS
 Consultant Ophthalmologist
 Kothara community hospital
 Paratwada, Amravati,
 Maharashtra.

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.



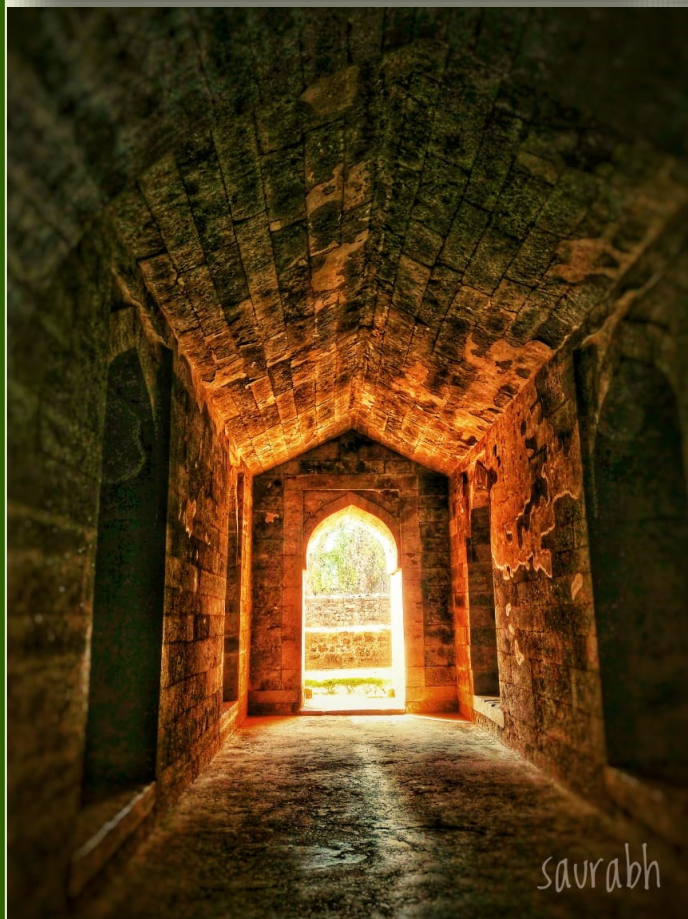
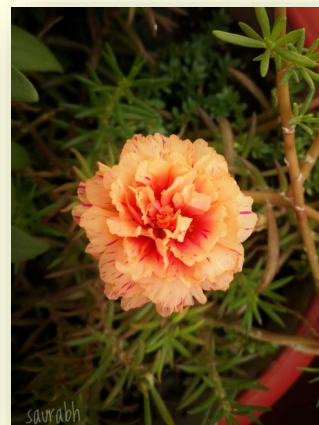


Dr Saurabh Sharad
Deshmukh,
MBBS, MS
Consultant Ophthalmologist
Kothara community hospital
Paratwada, Amravati,
Maharashtra.





**Dr Saurabh Sharad
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rashtra.





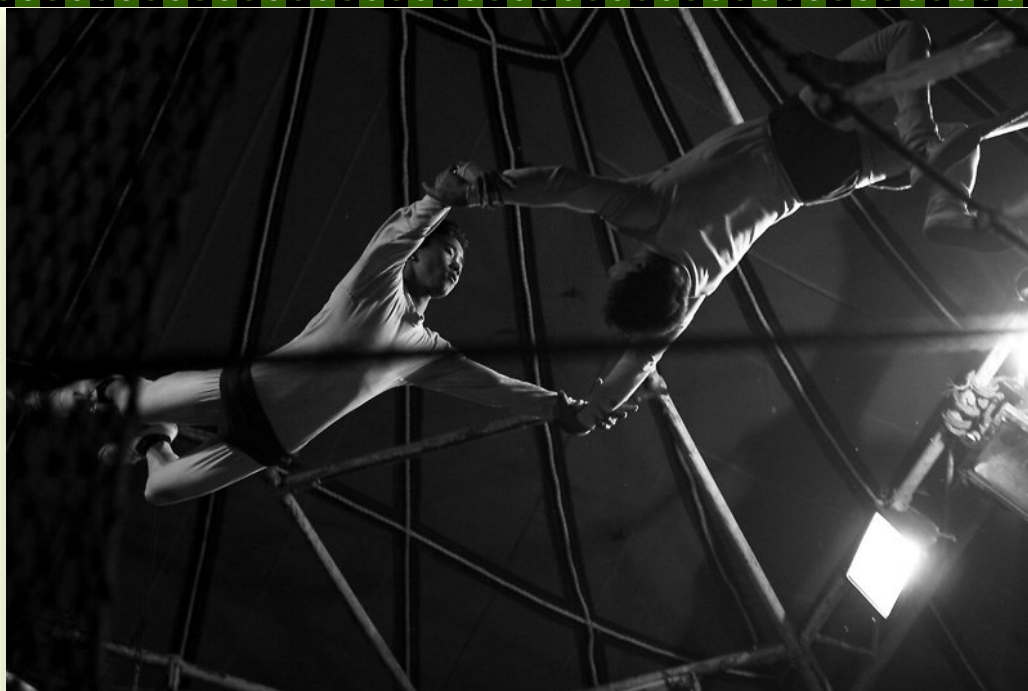
Dr. Bhaskar Das,
MBBS, D. Ortho
Consultant Orthopaedic Surgeon.

Dr. Bhaskar Das is 1982 pass out from Medical College Bengal, presently engaged in private practice as Orthopedic Surgeon at Chandannagar. Had a brief Govt service period of 5 years prior to that.

Photography is his passion. He is a graduate from New York Institute of Photography. He has been passionately hobnobbing with the camera till the field got tainted with Lightroom - presets to make out a painter from every Tom Dick and Harry. But then a Salgado still stands out. So he feels like taking up the camera every now and then.

He writes in Bengali, from travelogue to essays on Shipbuilding in Bengal or the mystic world of the princess Sakhisona, remains a passion for him. Three books under the belt till date "Timeline Alaska", "Ek Chamoch Bidesh" and "Covid - Ek bivrantir santras". Essays published in Krittibas, Saptahik Bartaman, Harappa, Desh and so on. Here are his two photo stories.

1. Glimpses of Indian Circus. This bagged an Honorable Mention' at IPA, Lucie Foundation Awards.
2. Kiruna Sweden. Travelogue published in 'Desh' patrika.





Dr. Bhaskar Das,
MBBS, D. Ortho
Consultant Orthopaedic Surgeon.





Dr. Bhaskar Das,
MBBS, D. Ortho
Consultant Orthopaedic Surgeon.



Frozen rail-
way station en
route Kiruna
– a lone pas-
senger waits



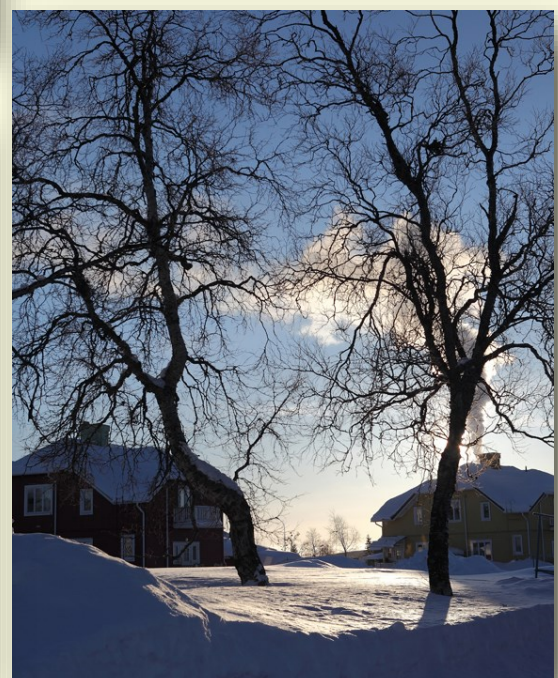
Morning at Kiruna – a man walks with the newspaper, chim-
neys erupt smoke from iron factories in the background



Caring mom takes her school



Snow covered Kiruna church



The darkness trembles with the roar of
the light



Dr. Bhaskar Das,
MBBS, D. Ortho
Consultant Orthopaedic Surgeon.



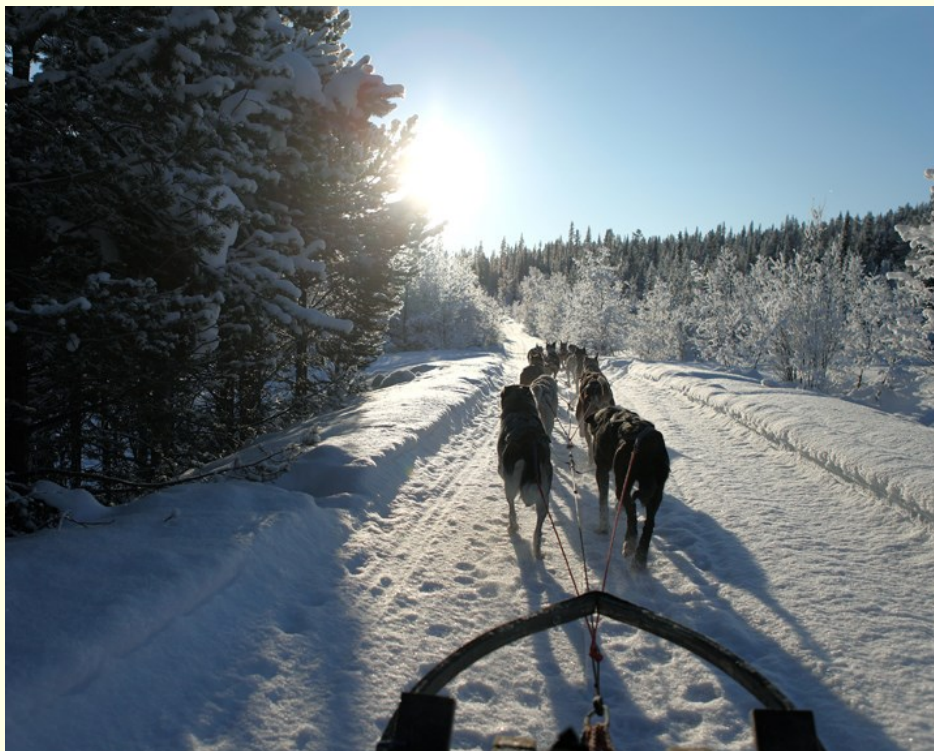
Ice craft of
Kiruna -Ice
hotel



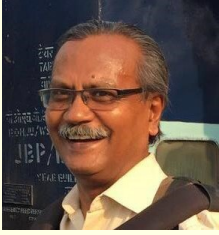
Conference room of Ice hotel—lecture in progress



Dancing Aurora borealis– life gets a meaning



Husky dog-
drawn sledge

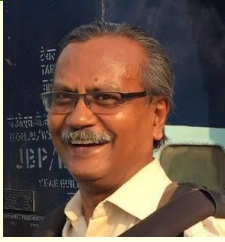


Dr. Malay Nandy, MD
Director Medical Oncology,
Jaypee Hospital, Noida, UP.

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.

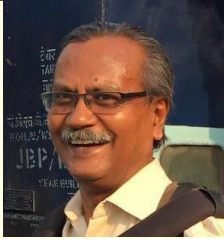


© Malay Nandy



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





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

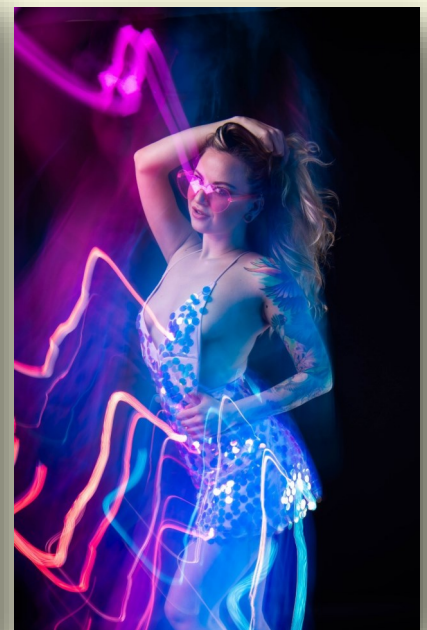
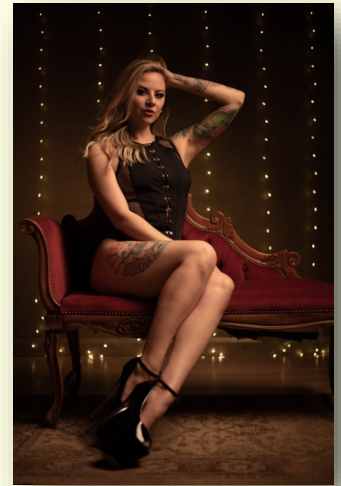


Malay Nandy



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

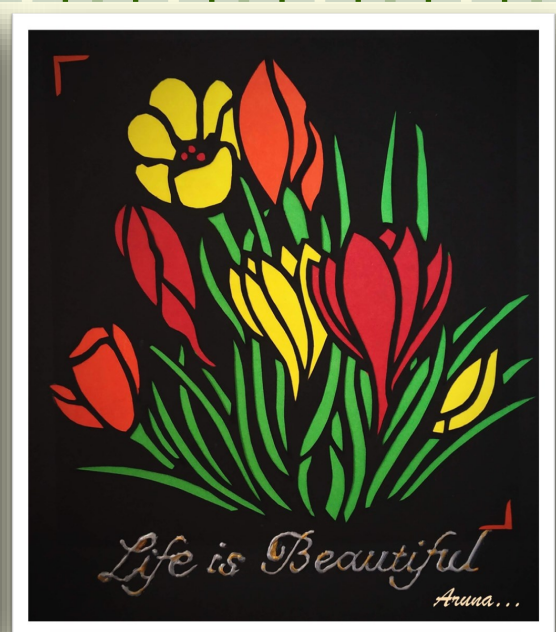
Mr. Sushanta Bhadra is also my classmate and a very dear friend from R. G. Kar Medical College. He is probably the most qualified amongst 150 classmates of our Medicos-80 batch. He now stays in Bexley, Kent, UK. In spite of a very busy schedule, he still manages to pursue his passion for glamour photography. Some of his work is here and I am sure it will please you.





Dr Aruna R. Patil
MD, DNB, FRCR,
Consultant Radiologist,
Apollo Hospitals,
Bangalore, Karnataka

Dr Aruna R. Patil is also a fellow Radiologist and a Consultant at Apollo Hospitals, Bangalore. She did her MD Radiology from Safdarjung Hospital and senior residency from AIIMS, Delhi. Apart from her specialty training in abdominal and musculoskeletal radiology from Univ. Wisconsin, she has a great passion for art. Dedicated her free time in learning different forms of art and developed keen interest for paper cutting. It is a precision art and requires lot of patience and concentration and compares this art as a form of meditation. She also does watercolor and acrylic paintings and interested in succulent gardening. Here is her some work on paper cutting. I am sure it will delight you.





Dr Aruna R. Patil
MD, DNB, FRCR,
Consultant Radiologist,
Apollo Hospitals,
Bangalore, Karnataka



Aruna...



Aruna...



Aruna...



Celtic inspired handcut paper bookmarks

Aruna...

Culinary Arts

I believe in old adage - dil ka rasta pet se hoke jaata hai.

I was a carefree girl in my earlier years of life ,who would never go to kitchen and always find excuses to escape those kitchen rides, never realised when this cooking became my passion.

My mother always used to say - cooking is love made edible , I used to follow my grandmother wherever she would go, she used to say spending the time in kitchen is a therapy, it just puts me in a much calmer, less frazzled mood than sitting on the couch for the same amount of time. Plus it gives me an opportunity to nurture my family and friends. To express my love and take care of them. I never realised when this became the anthem of my life.

Hearing the words 'this is amazing' or that tastes good was a huge motivator for me to keep spending time in the kitchen when I was learning to cook, deep down you are definitely enjoying the moment. This lock down gave wings to my creativity and I could sharpen my baking skills.

Dr. Ritu Lokhande



Dr. Ritu Lokhande
Radiologist
Pune.

Culinary Arts - Dr. Ritu Lokhande

Dr. Ritu Lokhande is also a fellow Radiologist from Pune. Women imaging is her area of interest. Apart from radiology she pursues her passion for cooking ,dancing and styling. She is a fitness enthusiast, marathoner and yoga expert. She is the styling expert of Mediqueen Mrs. Maharashtra, a beauty pageant organized by the doctors for the doctors in Maharashtra in Jan 2020.

Her natural flair to socialize helps me enjoy a vibrant circle of friends both from medical and non medical fraternities. She can cook almost all the Indian cuisines, Continental, French ,Italian. Baking is her all time stress buster. Here are some of her dishes. I am sure you will all drool over it.



Sesame ladoo



Caesar palace salad

Culinary Arts - Dr. Ritu Lokhande



Dr. Ritu Lokhande
Radiologist
Pune.



Doughnut



Aloo dhokla



Tandoor Idli



Mango mastani with home made tutti fruiti



Authentic idli smabhar with tomato chutney



King burgers



Egg platter –egg pakodas, bread fritters and achari

Culinary Arts - Dr. Ritu Lokhande



Dr. Ritu Lokhande
Radiologist
Pune.



Croissants



Kachori



Samsung Triple Camera
Shot with my Galaxy A50

Veg puffs



Groundnut ladoo



Cheesy garlic bread



Prawns biryani

Calcutta Canvas - Photographs - Dr. Saikat Sengupta

Calcutta Canvas

Lazy Photographer - too lazy to carry a DSLR on my back, but I love to capture moments that meet my eyes.

Lazier in processing images, which is an euphemism for the inability to handle the program applications, but I want what I capture to tell a story.

A graduate from Medical College, Bengal and a Post Graduate from MS University, Baroda.

I put people to sleep to make my living. If they wake up, they pay my bills.

I go to Apollo Gleneagles Hospitals where I spent most part of my waking hours sipping innumerable cups of tea and coffee. If I can pass on a trick or two that I have learned to those who are eager to acquire, I come home content.

R e g a r d s ,

Dr Saikat Sengupta
MD DNB MNAMS
PGDMLS FICA



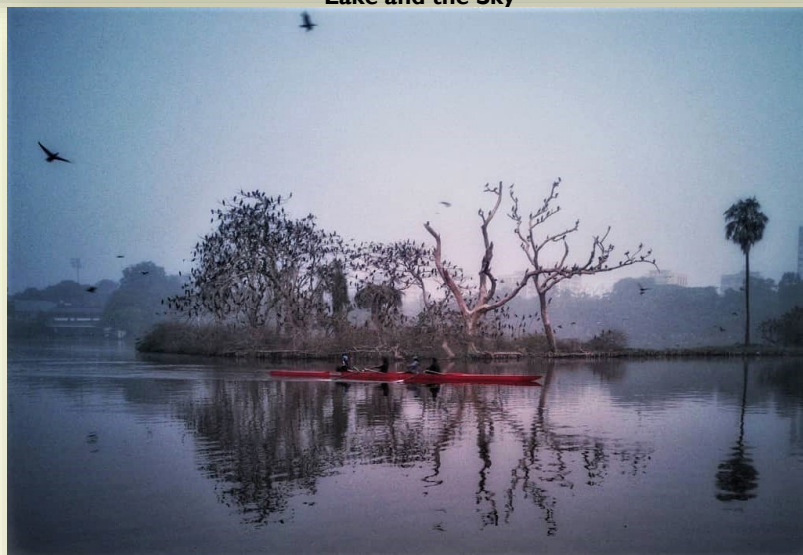
Dr. Saikat Sengupta
MD DNB MNAMS PGDMLS FICA
Consultant Anaesthetist.

Dr. Saikat Sengupta is an anesthetist by profession. He is a senior Consultant & Academic Coordinator, Department of Anesthesiology Perioperative Medicine & Pain, Apollo Gleneagles Hospitals, Kolkata INDIA. He is also a Professor at Apollo Hospitals Education Research Foundation. He is Chairman of Kolkata Anesthesia Academy. Here he has covered some scenic landscapes of Dhakuria Lakes and East Kolkata Wetlands. I am sure you will love it.

Dhakuria Lakes - Shot on his mobile during the days he used to walk in the Lakes in the mornings



Lake and the Sky



Lake Rowing

Dhakuria Lakes

Dhakuria Lake is an artificial lake in South Kolkata on Southern Avenue. Originally it was known as Dhakuria Lake. In May 1958, CIT renamed the lake as Rabindra Sarovar, as a tribute to the great Bengali writer and Nobel Laureate, Rabindranath Tagore.

The lake covers around 73 acres and total area around lake comprising gardens, roads and trees covers around 192 acres.

There are around 50 species of trees around the lake.

It contains a rowing club, safari garden, children's park and play centre, an open air theatre, and swimming pool training centres and rowing clubs.

In the winter, one can spot some migratory birds around the lake also.

It is a favourite spot for walkers in the mornings and love birds in the evenings.

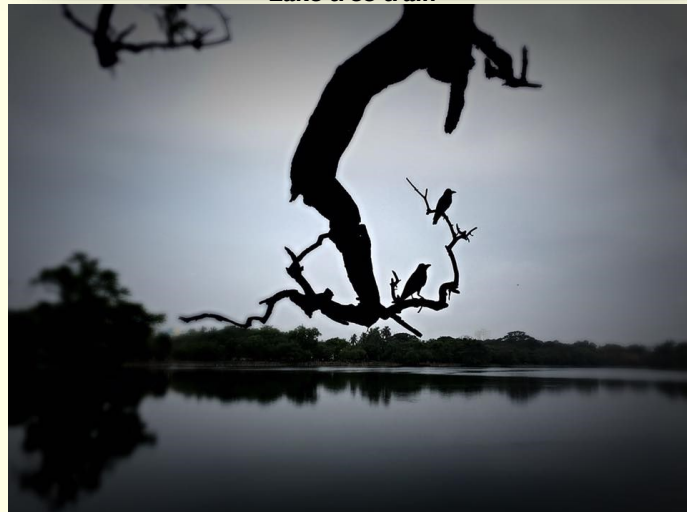
Calcutta Canvas



Sunrise Tree



Lake tree train



Two Birds

East Kolkata Wetlands

The East Kolkata Wetlands are a complex of natural and human-made wetlands located at east of Kolkata.

These wetlands are located on the eastern fringes of Kolkata city bordering the Salt Lake township on the one side and the new township at Rajarhat on the other, forms one of the largest assemblages of sewage fed fish ponds.

The wetlands cover 125 square kilometres and include salt marshes, as well as agricultural fields, sewage farms and settling ponds.

It consists of nearly 254 sewage fed fisheries distributed across the districts of South and North 24 Parganas. There are small agricultural plots and solid waste farms and some built up areas also.

The wetlands are also used to treat Kolkata's sewage, and the nutrients contained in the wastewater sustain fish farms and agriculture.

The East Calcutta Wetlands are the largest sewage fed aquaculture in the world.



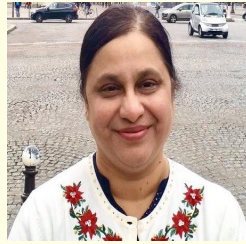
Calcutta Canvas

**East Kolkata
Wetlands****House Tree Reflections.**

East Kolkata Wetlands photos were shot on A DSLR Camera, early in the winter morning.

**Sunrise**

Calcutta Canvas - Narration and Photographs - Dr. Debjani Gupta



Dr Debjani Gupta
DCH MRCP (UK)
Consultant paediatrician and
Neonatologist
Narayana Multispecialty 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 Durga Puja of Kolkata and surroundings in this issue. I am sure you will love it.

Calcutta Canvas





Calcutta Canvas



DURGA PUJA IN KOLKATA- ENDEARINGLY FASCINATING.

THE ARRIVAL

A much awaited Homecoming.
 When the dew on the grass is adorned by the starry parijat bloom....
 And the early morning breeze carries with it the sweet scent of the sheuli....
 When the day is lit up by the brilliance of the azure skies...
 And The scudding fluffy white clouds draws patterns on the skies...
 When the Kaash phool sways to the beat of the breeze...
 Gleaming iridescent in the morning sun,
 The daily woes and trials take a backseat.
 The serpentine queues, the mindless clamour,
 The angst of innumerable unfulfilled expectations,
 The haves and have nots, the do's and dont's-
 All get eclipsed---
 By the Bountiful Blessed Happiness of the Homecoming.
 The doorways light up to welcome the Arrival...
 Smiles add a glow to the tired faces,
 For that space in time differences are forgotten,
 As hands fold and join together,
 To usher in the goodness of blessed Divinity.

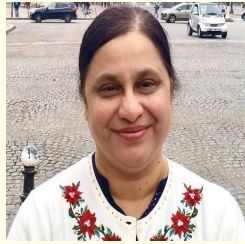
THE CAMARADERIE OF THE PUJA DAYS

A time when the city,
 Throbs and pulsates with divine energy.
 A time when the city,
 Showcases its artistic hues and culinary skills.
 Serpentine queues, jostling crowd , traffic snarls...
 Nothing seems to put a dampner to the traditional feeling of goodness.
 From the simple Ghot Pujo at home to the grandiose and the opulent,
 From the traditional to the Pujo with a theme that highlights a message,
 The semi rural ones with the flavours of the soul of the villages,
 To the majestic opulence of the Bonedi Bari Pujo with their Thakurda-
 lans , decorated pillars and arches.
 The artistic visions that reach their zenith and blend seamlessly ,
 With the chant of the shlokas and the beat of the Dhak.
 Interpreted and enjoyed just the way one chooses to.
 Long adda sessions with friends with the choicest of delicacies,
 To putting your feet up with a book and a cup of coffee.
 Pandal hopping at unearthly hours till your limbs ache,
 To meeting up with the clan putting all differences aside.
 A carnival of colours and good cheer combining the old with the new,
 A heritage that comes alive in the choicest possible way.

THE FAREWELL

Bidden adieu with Sindoor Khela and the roll of the Dhak,
 Accompanied by all , right upto the riverbanks...
 A goodbye that is tinged with sadness and joy,
 Having promised us blessings for the coming year,
 Secure in the knowledge ,
 In the departure lies the promise of arrival.

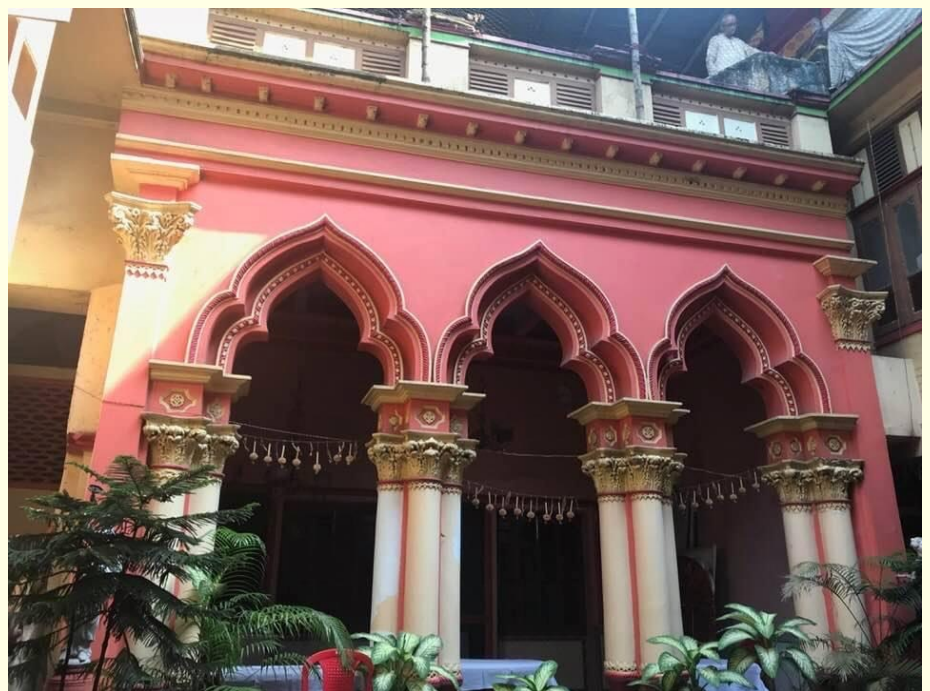
Calcutta Canvas - Narration and Photographs - Dr. Debjani Gupta



Dr. Debjani Gupta
DCH MRCP (UK)
Consultant paediatrician and
Neonatologist
Narayana Multispeciality Hosp Howrah
Zenith Super speciality Hosp Kolkata.



Calcutta Canvas





Painting by Dr. Sanjeev Handique.



Painting of Dr. Handique by his daughter Ashley.

Next issue in November 2020

We are bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in November, 2020.

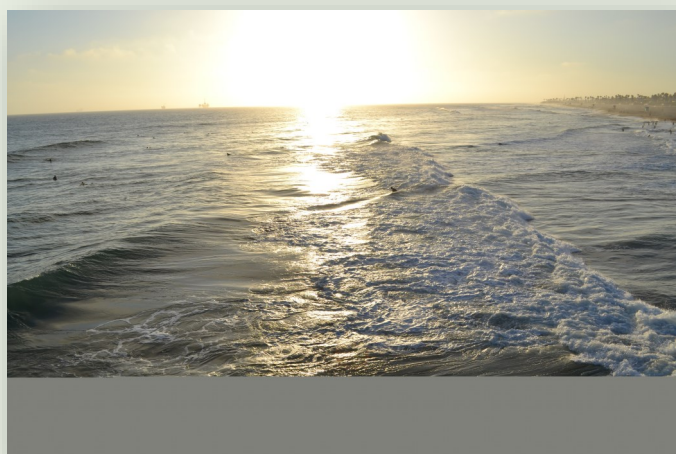
I am hereby inviting all the professionals who indulge in extra-curricular activities to share her/his work with me and if it is of good quality, we will surely publish it.

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 October, 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



Reflections

