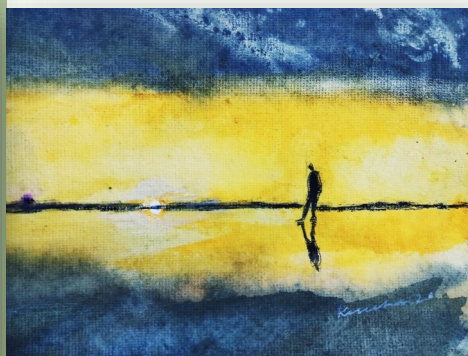


Time spent in self-reflection is never wasted - it is an intimate date with yourself.
Paul TP Wong



Reflections

Volume I, Issue 9

December, 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. It gives me immense satisfaction to bring out ninth issue of Reflections. In this issue too Doctors from all over India have contributed their art.

2020 is wreaking havoc on whole of the world. We lost Soumitra Chatterjee, one of the greatest actors of Indian cinema. He was not only an actor, but a director, playwright, writer and poet too. He had worked with great director Satyajit Ray in 14 films, starting with Apur Sansar in 1959 to Ganshatru in 1989. Besides, that he had contributed immensely to the world of cinema, theatre and literature. He was awarded Padma Bhushan, the third highest civilian honour given by Government of India in 2004. He received the 'Officier des Arts et Metiers, the highest award for arts given by the French government in 1999, and the Lifetime Award at the Naples Film Festival, Italy. He was not only a fine actor but one of the

most handsome Bengali actors. We will miss you Apu, we will miss you Feluda.

Another great person whom we lost this year was Diego Maradona, one of the greatest footballer of all time. He was one of my favourite sportsperson and I had seen all the Maradona matches of 1986 world cup live on TV with my best friends, Sumeet Singh and Subrata Halder and I still vividly remember the fun we had. I still remember the "hand of God". As Helen Steiner Rice had rightly said "In everything both great and small, We see the Hand of God in all." We will miss you sorely, Diego.

As novel Corona virus completes one year of its existence and ruination, the world is still grappling and is trying to find out the almost perfect vaccine. Many vaccine candidates are on the way and world is waiting in hope to get the vaccines as early as possible and get over this deadly pandemic.

As Emily Dickinson had said that "Hope is the

thing with feathers that perches in the soul and sings the tune without the words and never stops at all."

So, like rest of the world I am hoping that this pandemic will be over in 2021. 2020 was disastrous and hope that 2021 will augur well for whole of the world.

As lock down is lifted from all over India and country is limping back to recover from the ill effects of pandemic.

We might recover from the disease Covid-19, but it might take very long to recover from the social, economic and psychological aspects of this pandemic.

But keeping the past behind, let us all usher in new year with a positive mindset. A very happy Christmas to all of you.

This issue would not have been possible without the help of Nivedita, Dr. Sohoni, Dr. Ritu Lokhande, Dr. Simi, Dr. Swarup, Kanchan, Dr. Sushama, Prashanta, Dr. Paranjyoti, Dr. Sandhya, Dr. Saurabh, Dr. Ritu Gupta and Sushanta. I am obliged and sincerely thank all of them.



Music

"If Music is a Place — then Jazz is the City, Folk is the Wilderness, Rock is the Road, Classical is a Temple." — Vera Nazarian

"If you cannot teach me to fly, teach me to sing." — J.M. Barrie, Peter Pan

"My heart, which is so full to overflowing, has often been solaced and refreshed by music when sick and weary." — Martin Luther



Music - Know your musical instrument - Chapter 7 - Bulbul Tarang



The bulbul tarang is a popular Indian instrument also known as the "Indian Banjo". Even though it has strings like a banjo it also has keys, sometimes resembling piano keys or typewriter keys.

The Bulbul Tarang is a chordophone along with other banjos, guitars, harps, and any other instrument that produces sound through strings.

The Bulbul Tarang has two sets of strings, there is a set of drone strings (drone strings are used to play a few notes throughout a song repeatedly) and a set of melody strings. The melody strings run directly under the key-plate and are fretted by the keys. The drone strings run beside the key plate and are not fretted. Melody strings are tuned to ones convenience, because this instrument is mainly used in India by singers as an accompaniment. So, the strings are chosen such that the pitch of the instrument matches the key that one sings in.

The Bulbul Tarang was influenced by a similar Japanese instrument called the taisho koto. The European banjo was also influenced by the bulbul tarang itself.

The bulbul tarang is played in a similar way to a piano. The keys are pressed, but a string on the side of the instrument is plucked to help create different pitches. It is usually played sitting down.

This instrument has a special place in my life because it was presented to me by Kaka { Paternal uncle} when I was studying in class VII. I remember I could play a few notes on it then.

The police headquarters in Kolkata are located at a place called Lal Bazar in central Kolkata. Around this Police headquarters, there is a huge market of musical instruments, where products made by local skilled artisans are sold by shopkeepers. These instruments are good quality musical instruments. But with the advent of cheap Chinese products, these people were facing a huge competition to sell their products. But, persons who are looking for quality products go to them only. You can order them instruments according to your need also. Harmoniums made by them are exported all over world.

Whenever, I am feeling low, Lal Bazar is the place where I proceed to. It is a big anti depressant to me.



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

Dr. Nivedita Chakrabarty is a fellow Radiologist. She is now a Consultant at Tata Memorial Hospital, Mumbai. She is an ex-student of Government Medical College, Nagpur. She is a multilinguist and can speak and write English, Hindi, Marathi and Bengali. Here is one of her poems.

Prescription for the New Year

Let the chaos prevail
Silence has been too deafening
Let the smiles convey
Words have been too head-splitting

Let the light reach far and wide
Darkness has had its monopoly since long time
Let wisdom enunciate
Stupidity has had its turn enough

Let health be the priority
Addictions have seen the fatality since times unknown
Let mental well-being be of utmost concern
Depression has had its way for too long

Let friendship emerge
Hostility has been at its best for too long
Let peace be victorious
War has been taking pride since long time

Let the truth resurface
Deception has been rampant since long time
Let awareness come forth
Ignorance has been at the forefront for too long

Let appreciation and encouragement be everyone's weapons
Suppression and backstabbing has been active for too long
Let the hard work and intellect reach the pinnacle undeterred
Dishonesty and manipulation has been prevailing since long time

Let the coming 'New Year' usher in
Loads of wisdom, good health and cheer
Let everybody in unison
Take pride in humanity for sure.



Dr. Chandrasekhar A.
Sohoni
MBBS, DNB
Radiologist

Dr. Chandrasekhar A. Sohoni is also a fellow Radiologist from Pune. He likes to introduce himself as Radiologist, Author, Blogger and Entrepreneur. He owns a blog, where he writes primarily on medicolegal issues, discuss cases and help doctors understand legal aspects of medical practice. As a Radiologist he has many publications in national as well as international journals. He loves to write literary pieces also. Here is one of his write up. I liked it, I hope you will also like it.

We don't see them coming

The world is controlled by tail events -- those outliers that are very rare, but which change our world substantially.

COVID-19 pandemic is such a tail event. Unexpected, sudden and massive -- that's what the impact is.

Four events that I know of defined the COVID-19 pandemic for me.

I grew up in a small town. It was the 1980s. For a very long time, the town had only one surgeon -- a father figure and a messiah of sorts for not only the townspeople but also the many villages around. He was great not only because he was exceptionally skilled & ethical, but also because he chose to shun the glitz of urban life and offered his services to the town where he was born and brought up. "I owe it to this soil", he often said. And this after having risen from a very humble beginning, at a time when a meritorious medical student like him could have made it big anywhere in the world.

Thousands of surgeries, innumerable thankful patients, national and international recognition and surgical innovations dotted his career. He was one of the prime reasons I chose to become a doctor. At a ripe age when he was still very active, COVID-19 hit. He had to be shifted to a higher centre in a near-by city. After a brief stay in intensive care unit, he succumbed to COVID-19.

The news of his demise shattered every heart in the town and agonized every soul he had touched. The hospital staff, more family than employees, was devastated. Everyone wanted to see him one last time. But COVID-19 denied it. The son of the soil could not finally assimilate in the soil that he so loved & served all his life. An anonymous electric crematorium located 250 km away was his destiny.

Not even he, a medical man, could have guessed that a virus that had originated somewhere in China thousands of kilometres away a few months ago will make him leave his home in a hurry, never to return again.

Risk is what we don't see coming.

The COVID-19 lockdown was announced suddenly and it left many people in a lurch. Particularly those people who were away from home and had limited means. A young lad all of 18 years studying in a city college was in that category.

We don't see them coming

He was funding his own education by working part-time and staying in a shared accommodation with his friends. The loss of job accompanying the lockdown meant that he could no more fund his stay and meals in the city. A regular transport back to his home, which was more than 400 km away, was also excluded.

So he decided to do what many others did during the lockdown. He walked most of his way back home, intermittently riding pillion with complete strangers, even traversing fields.

When he was some 30 km away from his village, his brother called him up to tell him that he was coming on a motorbike to pick him up, which he did. But on their way back home, the brothers met a road accident that consumed their lives. This would be outside the bandwidth of even the cruelest probabilities, but it happened.

Risk is what we don't see coming.

A friend of mine, who worked for a well-known multinational company for close to a decade and held a good post, was suddenly given pink slip immediately after the COVID-19 lockdown was announced. He was shocked to say the least. The company was financially strong, debt-free with a good order book and he had been loyal.

He had invested most of his savings in his wife's business which was just about breaking even. The business had a loan, so had his home. His wife's business was shut due to the lockdown. Suddenly all income ceased and he had to tap into his meager savings. If kicked-in-the-gut and down-in-the-dumps can describe a feeling, that is what my friend had in the middle phase of his life.

For a person who pays all his bills and EMIs before paying himself, a creditor calling up for loan repayment is traumatic. After two months of depression and multiple job applications, one day he got a call for job interview. The interview went so well that the new employer offered him a salary which was almost double of what he was earning earlier.

That evening he called me. He was pensive. "But for COVID-19, I would have not left my earlier company; in fact, if they had asked me to work for half the salary, I would have agreed" he said. He added "Had they not laid me off, I would not have doubled my salary during a period where finding any level of employment is tough".

Risk and luck are the names for the same force acting in opposite directions. Just like risk, luck is something we don't see coming.

The fourth event is related to a person I know well. Or I think I know well. As a doctor he continued to work through-out the pandemic. Never before had he experienced contradicting feelings at the same time so sharply.

On the one hand, his profession allowed him to work which was great; on the other hand working with COVID-19 precautions was exhausting. On the one hand, he knew he had to work to keep the lights on, on the other hand he knew that the risk to him and his family was directly proportional to his work exposure.

The time and experiences bestowed by COVID-19 made him realize, once again, that life is short and time is a luxury. "We grow old too soon and wise too late", he said, reciting Benjamin Franklin. So he started working on a venture which was always lingering in his heart uninitiated. Results won't matter, but not doing it wasn't an option anymore.

This person described above is me. Absolutely nothing in me could have predicted this new venture a few months ago.

Our lives are essentially governed by risk and luck -- the two extremes of randomness. And none of us can see them coming.



Dr. Ritu Lokhande
MBBS, DMRE
Radiologist
Pune

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.

DEEPAWALI—FESTIVAL OF LIGHTS

India is touted to be the land of festivals, one such popular festival is Deepawali. Deepawali or Diwali is certainly the biggest and the brightest of all Hindu festivals. Deepawali means row of lights (lamps deep = light and avail = a row i.e., a row of lights) that's marked by five days of celebration, which literally illuminates the country with its brilliance, and dazzles all with its joy. The mere mention of Diwali is enough to sparkle a gleam of light in the eyes of every Indian. Diwali is not just a festival but it is a feeling, synonymous to happiness, joy, family, togetherness, Sweets, love and celebrations.

This festival is celebrated in the Hindu month of kartikmasam, which falls sometimes during October or November its mostly fifteenth day of karthikmonth. It also marks the advent of winter season. The Hindus, Jains, Sikhs religiously celebrate the festival of Diwali for many different reasons.

Most popular ones -

- ♦ Diwali is celebrated to commemorate the return of Lord Rama, King of Ayodhya, with his wife Sita and brother Lakshmana from a 14-year exile and a war in which he vanquished the demon king Ravana. Hindus believe that his return was welcomed by people of Ayodhya by lighting up the streets and houses by earthen diyas. Houses decorated with lights of different colours and sizes, earthen lamps glittering at the entrances and over the boundaries and railing make the view mesmerizing. To celebrate this day people light earthen lamps (diyas), burst crackers.
- ♦ It is also believed that on this very day, the Goddess of wealth, Lakshmi rose up from the ocean. The Hindu scriptures tell us that long ago both Devas (Gods) and Asuras (demons) were mortal and could die anytime like us. But they wanted to live forever. So they churned the ocean to seek Amrut, the nectar of immortality (an event mentioned in the Hindu scriptures as "Samudra-manthan", during which many divine objects came up. Prime among this was Goddess Lakshmi, the daughter of the king of the milky ocean, who arose on the new moon day (Amavasya) of

the Kartik month. That very night, Lord Vishnu married her. Luminous lamps are illuminated and placed in rows to mark this holy occasion. Because of this belief, People leave the lights ON in their premises believing that Lakshmi will not have difficulty in finding her way.

Coronation of King Vikramaditya. Another legend or story about Diwali celebrations relates to one of the the legendary Hindu kings - Vikramaditya. Vikramaditya, famed for his wisdom, bravery and large-heartedness, was crowned and declared to be a king. This was marked by a grand celebration by the citizens of his kingdom who celebrated the coronation of their king by lighting up small earthen lamps.

Kali destroys evil. Maa Kali is the most fearful and ferocious form of the mother goddess Durga. She assumed the form of a powerful goddess and became popular with the composition of the Devi Mahatmya. She is depicted as having born from the brow of Goddess Durga during one of her battles with the evil forces. As the legend goes, in the battle, Kali was so much involved in the killing spree that she got carried away and began destroying everything in sight. To stop her, Lord Shiva threw himself under her feet.

Diwali has its origin in Mahabharat too. In 'Kartik Amavasya' the Pandavas appeared from their 12 years of banishment as a result of their defeat in the hands of the Kauravas at the game of gambling. The followers who loved the Pandavas celebrated the day by lighting the earthen lamps.

Jains and Diwali Diwali has special significance in Jainism. Lord Mahavira, the last of the Jain Tirthankara of this era, attained Nirvana or Moksh on this day at Pavapuri on 15 October 527 BCE, on Chaturdashi of Kartika. According to the Kalpasutra, many gods were present there

Deepawali — festival of lights

- ♦ Sikhs and Diwali. For Sikhs, Diwali marks the release from prison of the sixth guru, Guru Hargobind, and 52 other princes with him, in 1619. The Sikh tradition holds that the Emperor Jehangir had imprisoned Guru Hargobind and 52 princes. The Emperor was asked to release Guru Hargobind which he agreed to do. However, Guru Hargobind urged the emperor to release the princes along with him.

Diwali is a five days long festival beginning from dhanteras and ending at bhaideoj each day has a mythological and scientific significance -

The first day of Diwali is Dhanvantari Trayodashi, when Lord Dhanvantari appeared, delivering Ayurvedic medicine for the mankind. The day marks the beginning of Diwali celebrations. At sunset, devout Hindus bathe and offer oil lamps along with prasada (sanctified food) to Yamaraja, the Lord of Death, and pray for protection from untimely death.

The second day of Diwali is Naraka Chaturdasi. On this day Lord Krishna killed the demon Narakasura and liberated the 16,000 princesses the demon held enslaved.

The third day is the actual day of Diwali, commonly known as the Hindu New Year. The faithful cleanse themselves and join with their families and priests to worship the goddess Lakshmi, the consort of Lord Vishnu, to receive blessings of wealth, prosperity, and triumph of good over evil, light over darkness.

The fourth day is a day on which the Govardhan Puja is performed, a spiritual harvest festival. Govardhana is an incarnation of Lord Krishna, who manifested himself in the form of a mountain to fulfill Hanuman's decree.

The fifth day of Diwali is called Bhai Dooj, dedicated to sisters. In the Vedic era, Yamaraja, the Lord of Death, visited his sister Yamuna on this day. He gave Yamuna a boon that whoever visits her on this day shall be liberated from all sins; they will achieve moksha, liberation. From then on, brothers visit their sisters on this day to inquire about their welfare, and many faithful bathe in the holy waters of the Yamuna River.

Deepawali is celebrated every year all through the country as well as abroad with great joy and enthusiasm and is public holiday in countries such as Nepal, Sri Lanka, Singapore, Malaysia, Mauritius, Fiji ...

The Deepawali illuminates every corner of India and an air of happiness and togetherness is felt every-

where. Diwali signifies the victory of light (goodness/wisdom) over darkness (evil/ignorance). The illumination of homes with lights and the skies with firecrackers is an expression of homage to the heavens for the attainment of health, wealth, knowledge, peace and prosperity. According to one belief, the sound of fire-crackers are an indication of the joy of the people living on earth, making the gods aware of their bounteous peaceful state. Still another possible reason has a more scientific basis: the fumes produced by the crackers kill a lot of insects and mosquitoes, found in plenty after the rains. With every lamp we light, we should illuminate our inner self; we should kindle the good qualities in us, refine ourselves and try to become a better human

People celebrate this festival mainly with oil lamps and fireworks, decorating floors with Rangoli, preparing sweets, buying new clothes and organizing get-togethers, fairs, parades etc. are also parts of Deepawali celebrations. But the true spirit of this festival is deeper than what it seems.

The food most commonly associated with this festival is sweets which comes in a range of colors and flavours. The celebration features various rich savoury and sweet dishes.

Now onwards, let's promise to keep in our mind the true meaning of the festival and resolve ourselves to celebrate it in the true spiritual way. The light of lights, the self-luminous inner light of the Self is ever shining steadily in the chamber of your heart. Sit quietly. Close your eyes. Withdraw the senses. Fix the mind on this supreme light and enjoy the real Deepawali, by attaining illumination of the soul. Celebrate the real Deepawali by living in Brahman, and enjoy the eternal bliss of the soul.

Many Deepawali festivals have come and gone. Yet the hearts of the vast majority are as dark as the night of the new moon. The house is lit with lamps, but the heart is full of the darkness of ignorance.

O man! Wake up from the slumber of ignorance. Realise the constant and eternal light of the Soul, which neither rises nor sets, through meditation and deep enquiry. Gurudev Rabindranath Tagore has communicated the true significance of Diwali in one beautiful line: "The night is black. Kindle the lamp of love with thy life and devotion.

" तमसोमा ज्योतिर गमयः Lead kindly light from darkness.

Buddha taught अप्पोदीप भवः Be your own light. Get light from inside.

Happy Diwali everyone !!



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

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

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

craft.

Connect with her on:

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

Instagram: @simigulatimakkar

Art, for all we know, is not just a few strokes of brush on a canvas. It is, in fact, an expression of a sentiment that the artist wishes to portray. Art draws inspiration from myriad places, cultures, religions and eras. Being a melting pot of various cultures, India boasts of a glorious artistic heritage dating back thousands of years. Many of India's art forms depict mythological figures, most of them being Gods or Goddesses.

This collection is a modest attempt to recapitulate the glorious past of Indian art styles such as madhubani, pat-tachitra, warli, gond, among others.

Art platter glorifying the various art forms that exist in our land. It includes Warli, Madhubani, Gond, Kalamkari, Pichwai etc.





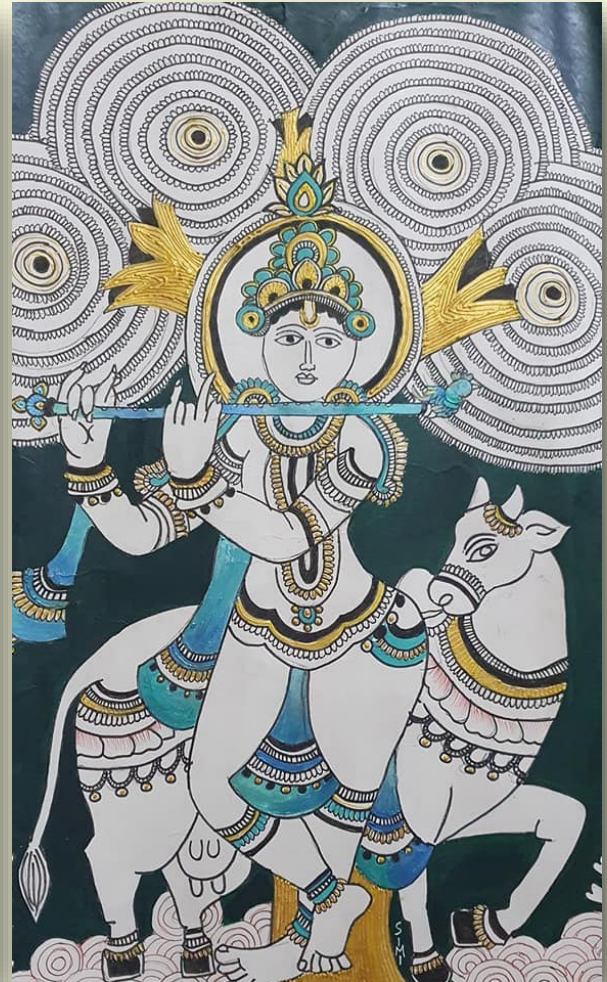
Dr Simi Gulati
Specialist and Head of
Department
(Ophthalmology)
Charak Palika Hospital
(NDMC), Delhi



**Jagannath,
Balbhadr
and Subhadra**



**An ode to Krishna in Madhubani style with
a twist of Tanjore art form**



Murlidharan –the lord himself



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



Adi yogi---the god of wrath and fury –done in mix Madhubani style



**Ma Bhagwati with her avatars—a fine
linework in Madhubani**



**Ambe Bhawani in her full grace in bharni and
kutni form of madhubani**



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



Magnificent peacock in Kalmkaari style



**Ardhnareshwar—half-man half-woman sym-
bolizes the union of Shakti and the lord**



Lord Krishna with his flute



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



Shringaar ke
ras mein doobi
– sudh budh
khoye hue

‘Sisters’—a bond that goes
beyond words –an acrylic
painted work





Dr Swarup Ranjan De, MD
Consultant Critical Care
Medicine,
Apollo Hospital Guwahati,
Assam.

Dr Swarup Ranjan De is a Critical Care Specialist. He is presently working at Apollo Hospital Guwahati. He has done his MBBS from Guwahati Medical College and MD (Medicine) from Assam Medical College Dibrugarh. He has done Indian Diploma in Critical Care Medicine from Sir Gangaram Hospital, New Delhi. He is a self taught painter and painting is his hobby. Here are some of his paintings, which has a special touch of Northeast of India. I am sure you will cherish it.





Dr Swarup Ranjan De, MD
Consultant Critical Care
Medicine,
Apollo Hospital Guwahati,
Assam.



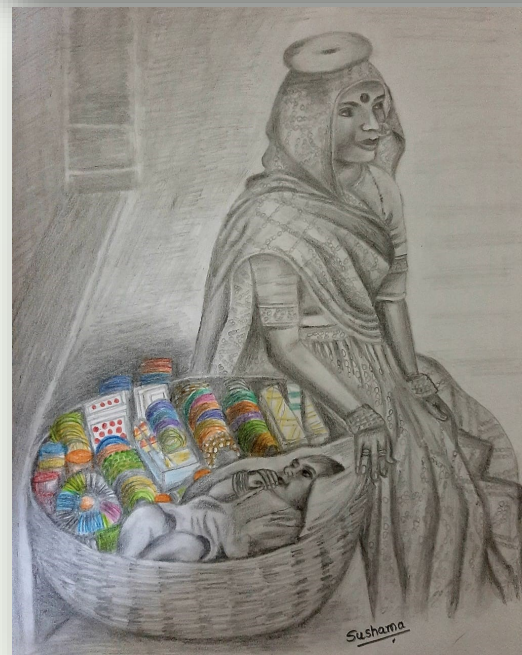


Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,
Satara, Maharashtra.

Dr Sushama Marulkar is also a Radiologist. She completed her MBBS from MGM Medical college, Navi Mumbai. She did her DMRE from Kolhapur. She and her husband who is also a Radiologist have their own diagnostic Centre, Shubham Diagnostic Centre at Satara, Maharashtra.

During school days, she passed elementary, intermediate drawing exams with good grades, had dream to pursue a career in photography or fashion designing. During MBBS days, she had won art related and rangoli competitions.

After starting her own clinic, she also got interested in satin flower making, so created her own Facebook page, Sushama's magic with uploads of satin flower making procedures. Later on, tried hands on various artforms, but sketching is most skillful art learnt during lockdown. Here are some of her sketches as well as Satin flowers.





Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,
Satara, Maharashtra.



Sushama's magic



Sushama's magic



Sushama's magic



Sushama's magic



Sushama's magic



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 . Here are some of his charcoal paintings depicting the essence of Varanasi. I am sure will like it.





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





Dr. Prasanta Kumar Majumdar,
MBBS
Sonologist.
In charge of Dept of Radiology
of Central Hospital, SE Railway,
Garden Reach, Kolkata.

Dr Prasanta Kumar Majumdar is a Sonologist in Dept of Radiology of Central Hospital of South Eastern Railway. He did his MBBS from Calcutta Medical College, Kolkata.

He is a good sportsman also and loves playing Tennis and Cricket. He has played in both national and international level tennis. He is a natural painter.

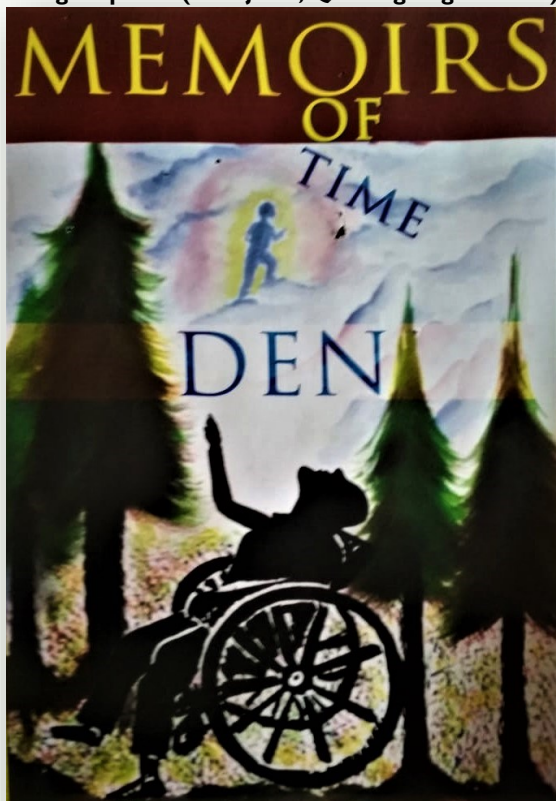
Here is some of his artwork. I am sure you will love it.



Water colour. 3x4 ft hand made canvas. Ajanta cave paintings replica. (Snanjatra, Queen going for bath).



Oil, canvas size 18x24 (Beginner). Copied from (SAHAJ-PAT)



Cover page of a book published by RJ DEN in Kolkata. Water colour.



Water colour. 10x14 inch.
Blue poppy. Most beautiful flower of Himalaya.



Dr. Prasanta Kumar Majumdar,
MBBS
Sonologist.
In charge of Dept of Radiology
of Central Hospital, SE Railway,
Garden Reach, Kolkata.



Oil. 8x10 inch canvas. Hafiz Ali Khan, Father of Ustad Amjad Ali Khan.
(Inspiration)



Water colour. Portrait of legend cinematogra-
pher of Bengal, Mr Ramananda Sengupta,
worked with Satyajit Ray, Jhon Renewa
in RIVER. size 2x3 ft .
Presented to Ramananda Sengupta, kept in his
house.



Swami Vivekananda.
Oil. 28x24 inch.
(Upset).



Dr. Sandhya Patil Bhadane.
MBBS, DMRD
 Consultant Radiologist
 Bhadane X-ray And Sonogra-
 phy Clinic,
 Pune, Maharashtra.

Dr Sandhya Patil Bhadane is also a fellow Radiologist from Pune. She is working at Bhadane X-ray and sonography clinic and is interested in Fetal medicine. She did her MBBS from BJ GMC Pune and DMRD from Sassoon General Hospital, Pune. Besides radiology her hobbies are painting and cooking and then a full time Homemaker. She had left sketching when she joined medicine. This lockdown gave her a chance to hold her brush again. Watercolor is her hobby, love, passion and she is dreaming to master it. She is a self taught painter and takes help from YouTube tutorials. Paintings gives her Ultimate peace. Here is some of her artwork. I am sure you will love it.





Dr. Sandhya Patil Bhadane.
MBBS, DMRD
 Consultant Radiologist
 Bhadane X-ray And Sonogra-
 phy Clinic,
 Pune, Maharashtra.





Dr. Sandhya Patil Bhadane.
MBBS, DMRD
Consultant Radiologist
Bhadane X-ray And Sonogra-
phy Clinic,
Pune, Maharashtra.



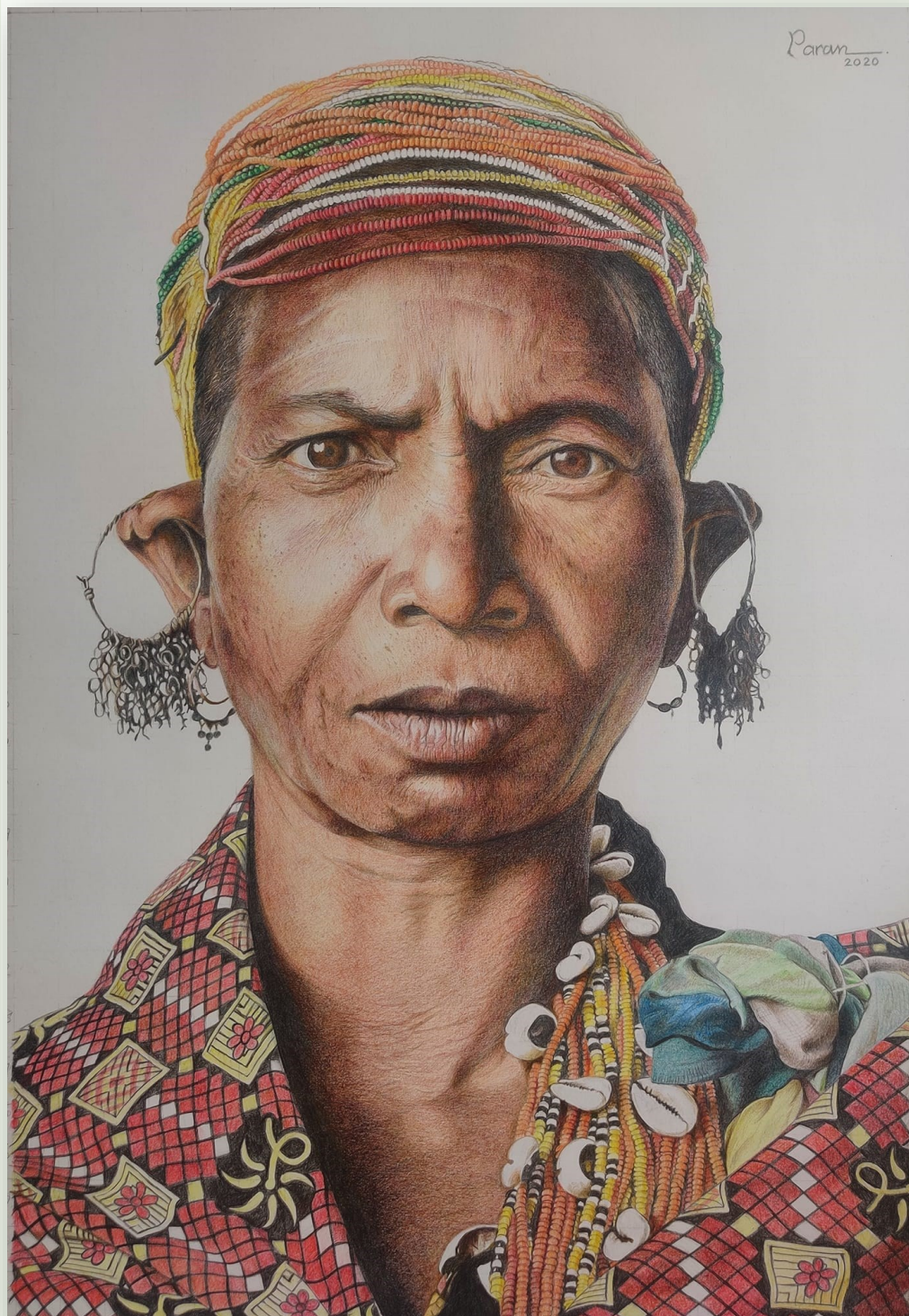


Dr. Paranjyoti Barman
MS, MCh (Neurosurgery)
 Consultant, neurosurgery,
 GNRC Hospital, Guwahati,

Dr. Paranjyoti Barman, M S , M C h (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.



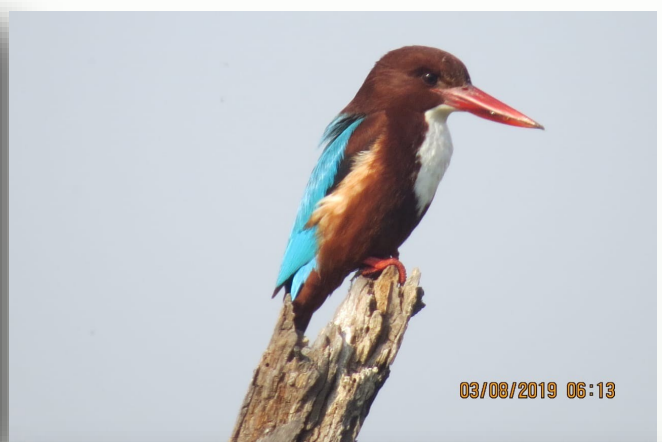


Dr. Ritu Gupta
MBBS(Gold medal-
list) ,PGD Hospital
management,

Dr. Ritu Gupta is a General;; Physician by profession and iss based in Bengaluru.

She is an avid photographer and artist. In this issue we will have some of her Wildlife photographs which she had taken while she was staying in Kenya.

Here are some of her photographs taken in Bharatpur.





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.

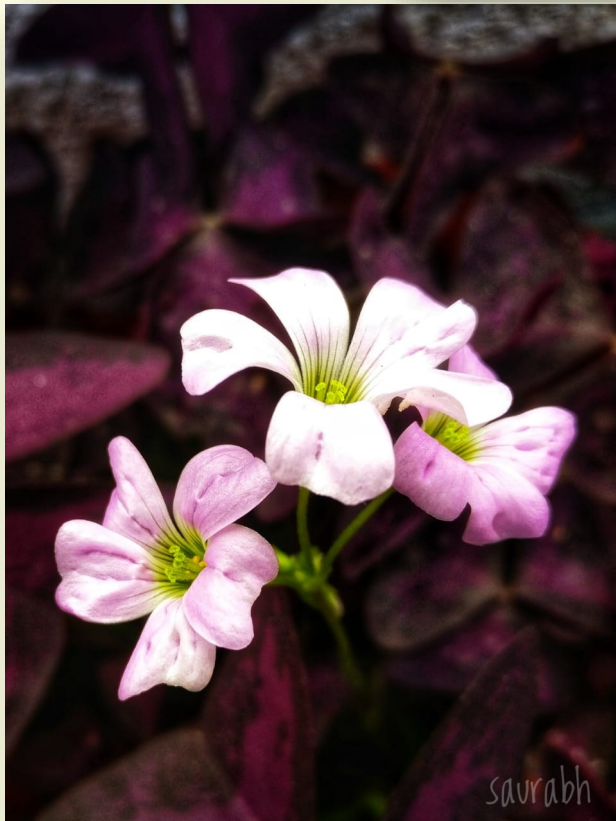
He used to do pencil sketching initially, most of them done during his MBBS days. And then there was a long break. Three years back, just experimented with watercolours, watching a YouTube tutorial and that turned out to be reasonably good for a first timer. He is a self taught, hobby artist, rather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





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





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.





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



Culinary Arts - Dr. Ritu Lokhande



Dr. Ritu Lokhande
Radiologist
Pune.



Belgian Waffle



Coin Jalebi



Rava Shira - Suji Halwa



Dudhi Halwa—Bottle Gourd Halwa



Aata Halwa



No Bake Chocolate Cake

Culinary Arts - Dr. Ritu Lokhande



Dr. Ritu Lokhande
Radiologist
Pune.



Belgian Waffle



Litti Cho-
kha



Shell Pasta With Homebaked Garlic Oreano Bites



Shankarpali



Corn Chiwada



Dhokla

Culinary Arts - Dr. Ritu Lokhande



Dr. Ritu Lokhande
Radiologist
Pune.



Pasta Lasagne



Besan Ladoo



**Diwali Delicacies – Chakli, Shankarpali, Corn Chiwada,
Besan Ladoo**



Kombadi Vade With Chicken Curry



Schezwan Prawns



Litti Chokha

Calcutta Canvas

Acharya Jagadish Chandra Bose Indian Botanic Garden is also known as Indian Botanic Garden. It is located in Shibpur, Howrah which is around 10 km from the Dharmatala, central area of the Kolkata city.

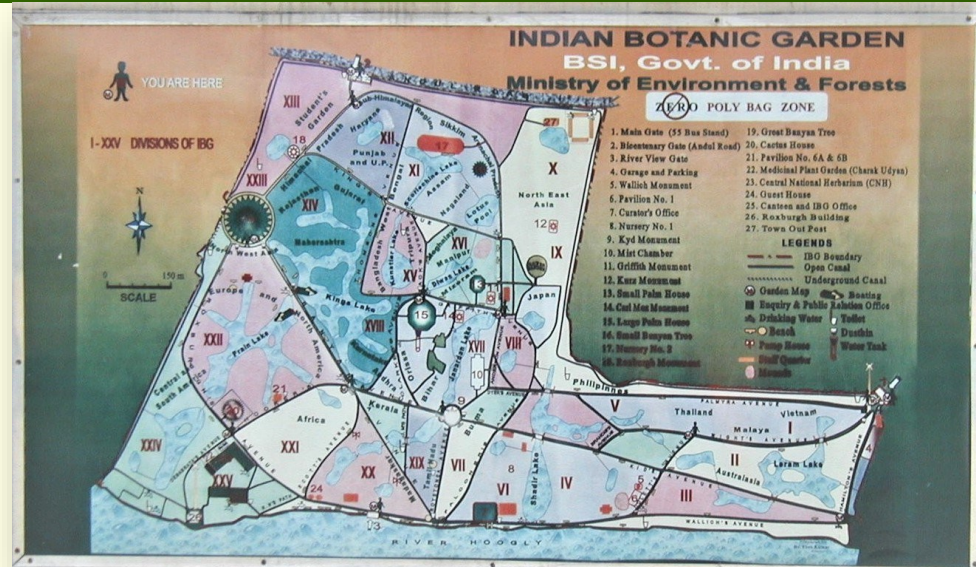
It is situated on the bank of the River Hooghly. This green belt is the lungs of the highly industrial and urbanized city of Howrah.

It harbours a great collection of rare flora with over 12 thousand specimens spread over 109 hectares.

The garden is also the Central National Herbarium since 1793 when William Roxburgh, a renowned botanist — developed an elaborate and extensive herbarium with plants sourced from all over the world. As of today, the garden has 2.5 million samples.

It is maintained by the Botanical Survey of India and has been one of the hotspots for botanists and students interested in the subject. But the premise is also open for tourists who wish to absorb the tranquil atmosphere and feel closer to nature.

Calcutta Canvas - Indian Botanic Garden—Photographs - Dr. Viral Parekh



Calcutta Canvas

Thee great banyan tree is over 250 years old and covers about 18,918 square metres (about 1.89 hectares or 4.67 acres) in the Acharya Jagadish Chandra Bose Botanical Garden near Kolkata (Calcutta), making it the widest tree in the world. Banyan is the tree native to India and is botanically it is known as *Ficus benghalensis*.

From a distance, the tree has the appearance of a forest, but what appear to be individual trees are actually aerial roots.

After two cyclones in the 19th century that led to a fungal attack, the tree's main 15.7-meter-wide (51-feet) trunk had to be removed. Fortunately, the "clonal colony" of the tree itself remains healthy.

The present crown of the tree has a circumference of 486 m. and the highest branch rises to 24.5 m; it has at present 3772 aerial roots reaching down to the ground as a prop root. Its height is almost equivalent to the Gateway of India.

The tree lost several prop roots when Cyclone Amphan passed through West Bengal on 20 May, 2020.

Calcutta Canvas - Photographs - Dr. Viral Parekh

THE GREAT BANYAN TREE

THE GREAT BANYAN TREE DRAWS MORE VISITORS TO THE GARDEN THAN ITS COLLECTION OF EXOTIC PLANTS FROM FIVE CONTINENTS, THE PLANT HOUSES OF THE SPECIAL GARDENS OF BAMBOOS, PALMS, SUCCULENTS, ETC. BOTANICALLY KNOWN AS *FICUS BENGHALENSIS* L., AND BELONGING TO THE FAMILY MORACEAE, THE TREE IS A NATIVE OF INDIA. THE FRUIT IS LIKE A SMALL FIG BUT IS NOT EDIBLE AND IS RED WHEN RIPE. THIS TREE IS OVER 250 YEARS OLD AND IN SPREAD IT IS THE LARGEST KNOWN IN INDIA, PERHAPS IN ASIA, THERE IS NO CLEAR HISTORY OF THE TREE AS TO THE TIME OF PLANTING ETC., BUT IT IS MENTIONED IN SOME TRAVEL BOOKS OF THE NINETEENTH-CENTURY. IT WAS DAMAGED BY TWO GREAT CYCLONES OF 1864 AND 1867, WHEN SOME OF ITS MAIN BRANCHES WERE BROKEN, EXPOSING IT TO THE ATTACK OF A HARD FUNGUS. WITH ITS LARGE NUMBER OF AERIAL ROOTS WHICH GROW FROM THE BRNCHES AND RUN VERTICALLY TO THE GROUND AND LOOK LIKE SO MANY TRUNKS, THE GREAT BANYAN LOOKS MORE LIKE A FOREST THAN AN INDIVIDUAL TREE. INTERESTINGLY ENOUGH, THE TREE NOW LIVES IN PERFECT VIGOUR WITHOUT ITS MAIN TRUNK, WHICH DECAYED AND HAD TO BE REMOVED IN 1925. THE CIRCUMFERENCE OF THE ORIGINAL TRUNK AT 1.7M. FROM THE GROUND WAS 15.7 M. THE AREA OCCUPIED BY THE TREE IS ABOUT 14428.44 SQ.M. THE PRESENT CROWN OF THE TREE HAS A CIRCUMFERENCE OF 450 M. AND THE HIGHEST BRANCH RISES TO 24.5 M. IT HAS AT PRESENT 2880 AERIAL ROOTS REACHING DOWN TO THE GROUND.

21.02.2005



Calcutta Canvas - Photographs - Dr. Viral Parekh



Calcutta Canvas



Painting by Dr. Kanchan Pathak

Next issue in January, 2021

We are bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in January, 2021.

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

It seems vaccine is on the way. So friends, all of you take care and be safe.

Wish you all a Merry Christmas.

So long. Viral Parekh



Reflections



Photography - Viral Parekh