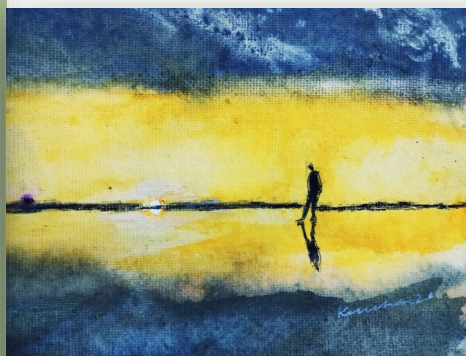


Time spent in self-reflection is never wasted - it is an intimate date with yourself.
Paul TP Wong



Reflections

Volume II, Issue I

January 2021

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 tenth issue of Reflections. In this issue too Doctors from all over India have contributed their art and literature.

A very happy new year to everyone. Let us hope this new year brings good health and happiness to everyone around the world.

When I started this Reflections about nine months back, I never knew it will have such big impact - on me as well as others. What started off as a time pass during complete lockdown in March is now my passion. It has introduced me to so many Doctor friends all over India, many of them I don't know personally and have just communicated with them over email or WhatsApp. I really feel good when complete strangers contact me over email or WhatsApp for publishing their literature or artwork. It gives me immense satisfaction not only to publish their artwork but for them being part of my life, my passion and vice versa. I am very happy that through Reflections, they demonstrate their artistic skills and com-

municate with lot of people all over without using a spoken word.

I have also started to understand the art form of various types which my medic friends excel in. I have understood the difference between various types of paintings and I have dug deeper by reading a lot to understand it better. I am not an art connoisseur but definitely I am improving.

It has also made me understand that if you want to make friends, discuss music, art, literature and if you want to lose friends discuss politics and religion. I have learnt not to discuss politics with anyone anymore and that has a very positive effect on me.

When in early years of this millennium, I used to see people moving around with backpacks, I used to wonder what is this new fad? Then over time I realised that in that backpack they carry burden of desires - of buying a new motorcycle or new car or a new residence or sending their children to a good school or college, or to give a few better amenities to their aging parents. I too bought a backpack to keep up with the time.

We all run around either carrying a backpack or

some other form of bag, full of burden of expectations and desires. Little we realise that in the process, we are not perceiving that what life is all about. And by the time we do realise, it is time to empty your backpack and leave all your belongings.

It reminds me of a song sung by Cliff Richard, which goes on like this: "Got no bags and baggage to slow me down, I'm travelling so fast my feet ain't touching the ground, Travelling light, travelling light, I just can't wait to be with my baby tonight."

No comb and no toothbrush, I've got nothing to haul I'm carrying only a pocketful of dreams, a heart full of love and they weigh nothing at all."

So, in this new year, let your backpack be lighter and we all learn to cherish every moment of a beautiful thing called life.

This issue would not have been possible without the help of Dr. Rati Vajpeyi, Dr. Malini Lawande, Dr. Bhupendra Manocha, Dr. Jayati Sengupta, Dr. Varsha Vaishnav, Dr. Sanjeev Handique, Dr. Sonal Gupta, Dr. Arohan Gupta, Dr. Palash Jyoti Das, Dr. Madhuri Salwe, Dr. Juni Menon, Satyam, Sushanta, and Kanchan. I am obliged and sincerely thank all of them.

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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



Music

"Music is the great uniter. An incredible force. Something that people who differ on everything and anything else can have in common." — Sarah Dessen

"Music is the shorthand of emotion." — Leo Tolstoy

"Music is the language of the spirit. It opens the secret of life bringing peace, abolishing strife." — Kahlil Gibran



Music - Know your musical instrument - Chapter 8 - Xylophone



The Xylophone is a percussion instrument consisting of a set of graduated and tuned wooden bars supported at nonvibrating points and struck with sticks of padded mallets.

Metallophones are a variant of Xylophones and in this instrument wooden bars are replaced by tuned metal bars.

The name is derived from Greek Xylon, which means wood and phone which means sound.

Each bar is an idiophone tuned to a pitch of a musical scale, whether pentatonic or heptatonic in the case of many African and Asian instruments, diatonic in many western children's instruments, or chromatic for orchestral use.

The xylophone possibly originated in Southeast Asia or Oceania and today exists in forms as simple as two or three logs laid across a player's legs or as wooden slabs set across two supports such as logs; a pit dug in the earth may act as a resonating chamber.

Many music educators use xylophones as a classroom resource to assist children's musical development.

Xylophones used in general music classrooms are smaller, at about 1 1/2 octaves, than the 2 1/2 or more octave range of performance xylophones.

The bass xylophone ranges are written from middle C to A an octave higher but sound one octave lower than written.

The alto ranges are written from middle C to A an octave higher and sound as written.

The soprano ranges are written from middle C to A an octave higher but sound one octave higher than written.



Dr. Arohan Gupta
Senior Resident (DM),
Department of
Neuroanesthesiology and
Critical Care
All India Institute of Medical
Sciences (AIIMS) Ansari
Nagar, New Delhi (INDIA)

Dr. Arohan Gupta is an anesthetist by profession. He is a Senior Resident (DM), in Department of Neuroanesthesiology and Critical Care at All India Institute of Medical Sciences (AIIMS), Ansari Nagar, New Delhi (INDIA).

He had done his MBBS from Government Medical College, Patiala (Punjab) and DNB Anesthesiology from SPS Apollo Hospitals, Ludhiana (Punjab). He is currently pursuing DM in Neuroanesthesiology and Critical Care from AIIMS, New Delhi. Here is one of his poems. I am sure you will like it.

'An Ode to the Anaesthesiologist'

Whilst every human was locked up in his home,
he left his family worrying behind alone.
Off he went to combat the one that kills,
he is extraordinary with a special set of skills.

With no sign of stress or worry on his face,
he wears his armour to serve the human race.
Not a care in the world for fame or glory,
every patient he saves will tell you a different story.

Drenched in his own sweat, he holds the laryngoscope;
For their own safety, he makes the others elope.
Though blinded by the fog, he hits the bull's eye;
takes all the load on himself, the aerosols that fly.

With the strength of a lion and a heart of gold,
he finds compassion for both young and the old.
Most know him as the one who puts you to sleep,
but only few acknowledge what he does is more deep.

May Covid-19 pandemic go by as a bad dream,
Anesthesiologist serves as the Protector of the realm.
Calm and down to earth, yet immensely superior;
all applaud him, for he is 'the fearless warrior'.

Arohan Gupta : arohangupta@gmail.com



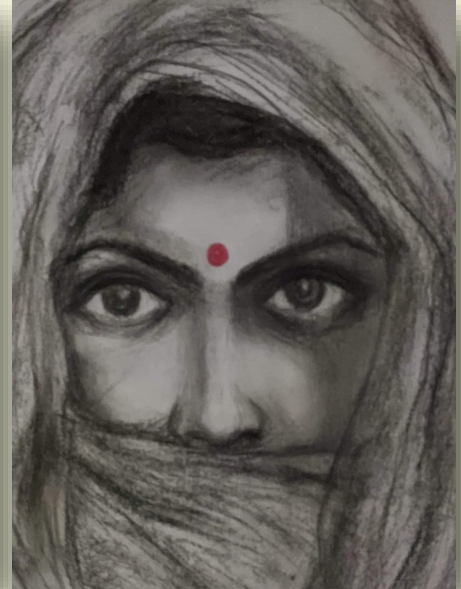
Dr B. K. Manocha
MBBS, MD.
Consultant Paediatrician and
Neonatologist.

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



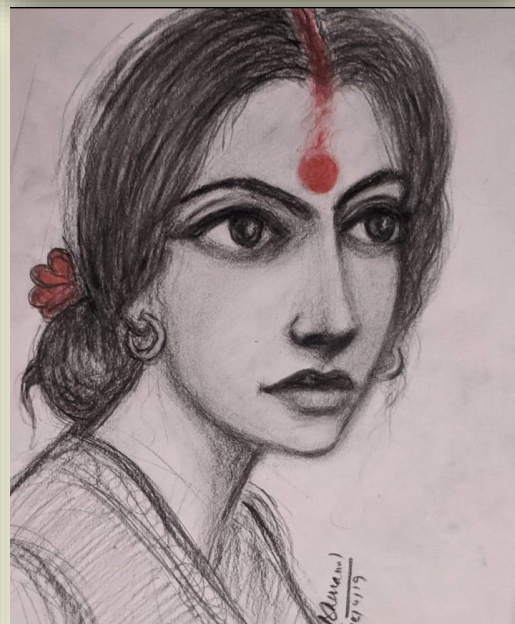
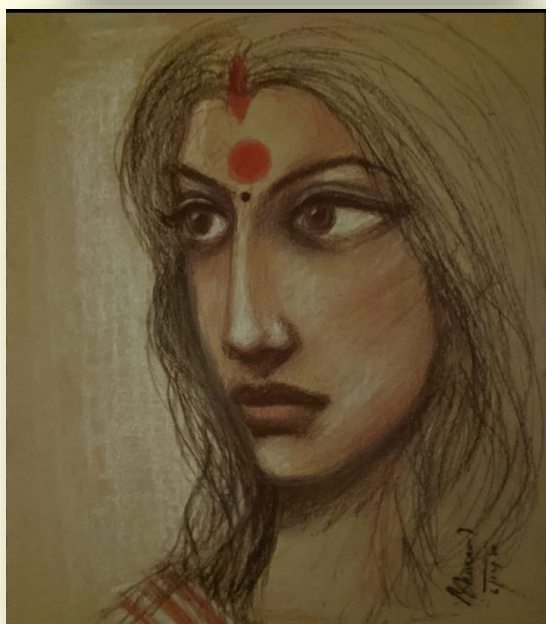


Dr B. K. Manocha
MBBS, MD.
Consultant Paediatrician and
Neonatologist.





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





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

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

Her Facebook Page is Artbyrati.

Her Website is www.artbyrati.com.

Instagram : rati54



Que



Weary Pilgrims



Summertime



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



Thief



Josie



Contact Brochure



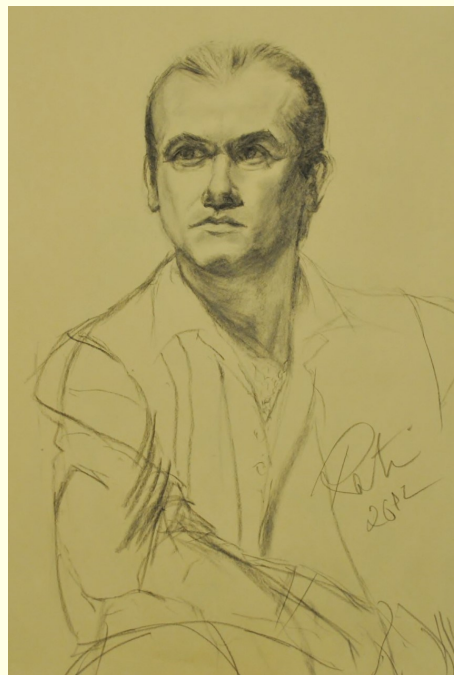
Dr Rati Chand Vajpeyi
MD (PGI) Rad.Onc, FISCC
(OX) , CANcoach, CRA,



Quick



Spice Medley



Sergio



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. Here are some of her paintings on flowers. I am sure you will love her art.





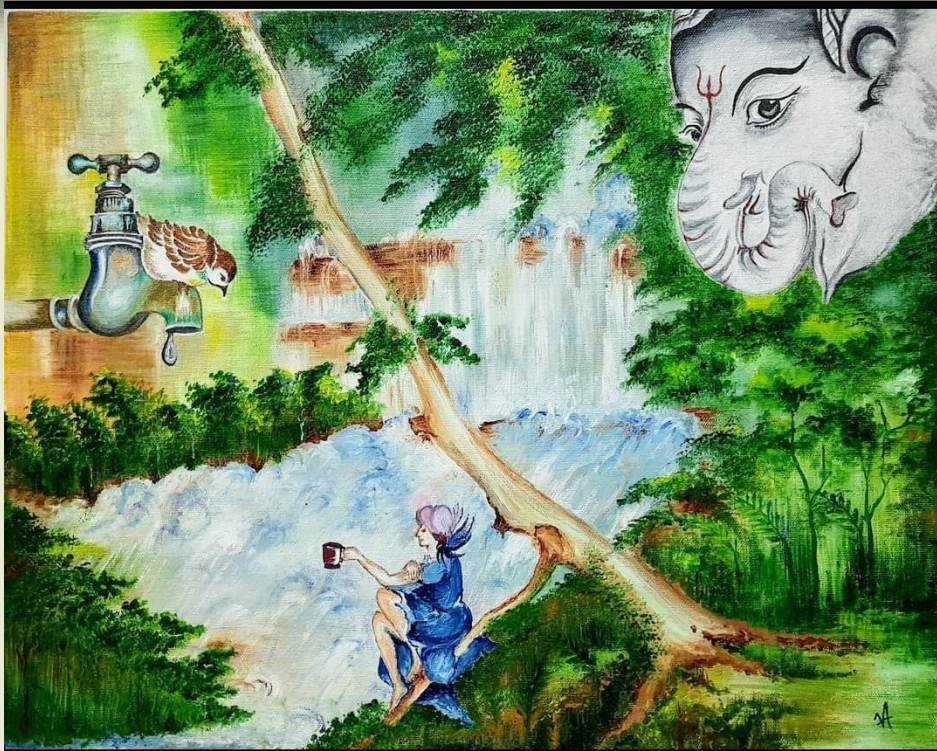
Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician





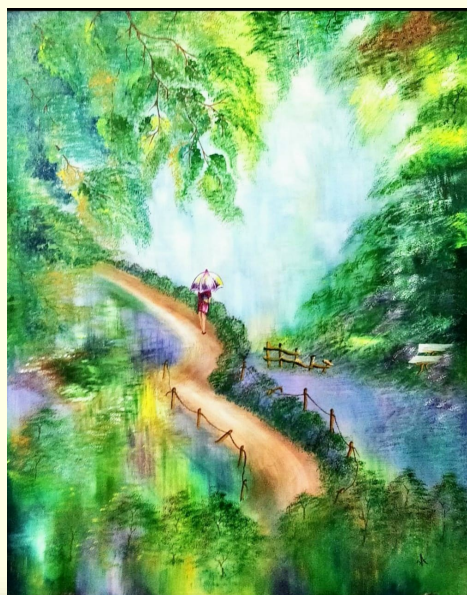
Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.

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





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



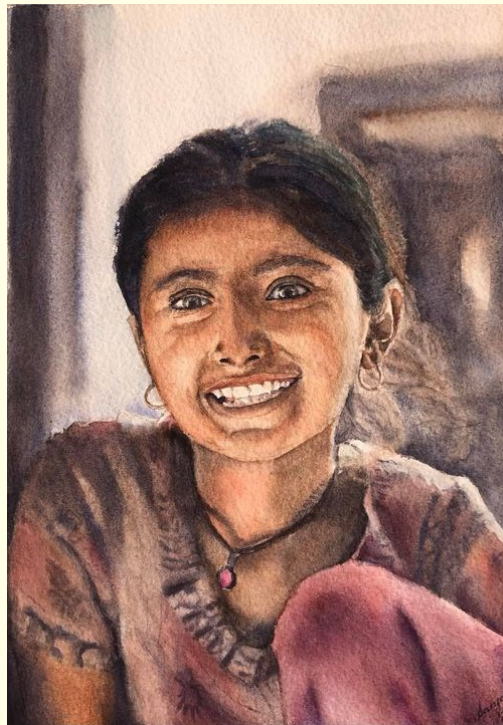


Dr. Sanjeev Handique, MBBS, MD
Director Radiology & Imaging
GNRC Sixmile Hospital,
Guwahati, Assam

Dr. Sanjeev Handique is a friend and fellow Radiologist from Guwahati. He is an ex-student of Assam Medical College. He excels in painting and makes paper scale models of cars also. In last issue we had gone through some of his craft and in this issue we will again see some of his paintings. He is a self taught painter.



My {Dr. Handique's} companion of 25 years . "Mitali" A4 watercolour
on Arches 300gsm paper



Portrait of a bubbly girl called Rashidah from Kutch. From a photo by Ali Reza, who is a talented photographer who I admire. This picture was used with permission. A4 watercolour on Arches 300gsm paper



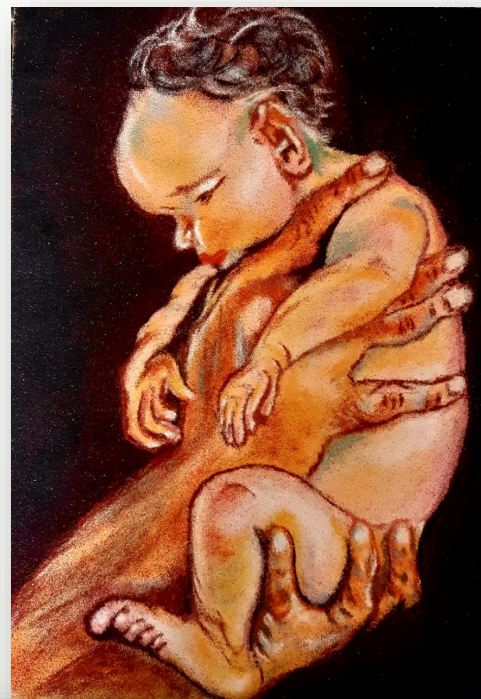
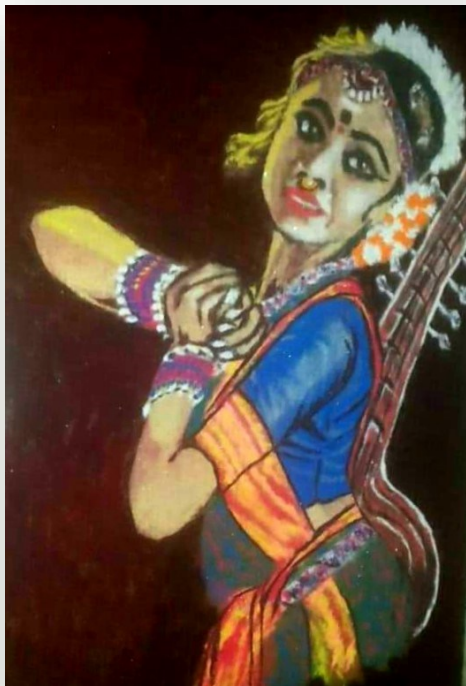
Watercolour Portrait of my {Dr. Handique's mother on her 80th. Birthday. Done on Arches 300gsm paper .



Dr. Sonal Patel Gupta,
MBBS, DMRE
Radiologist,
Gondia, Maharashtra.

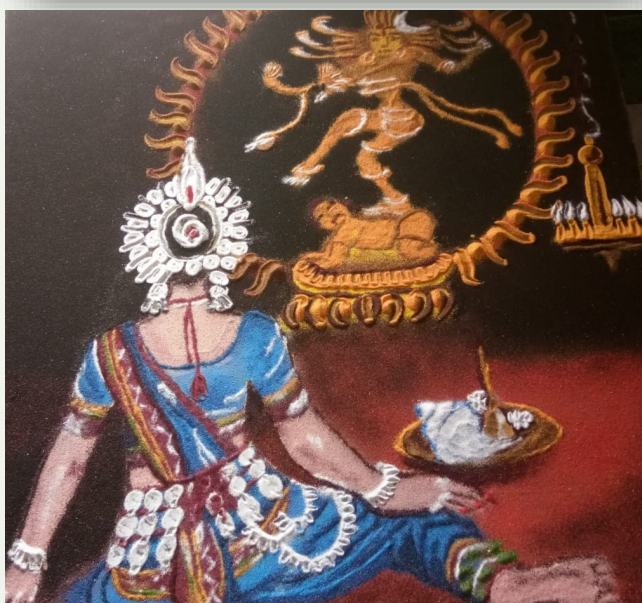
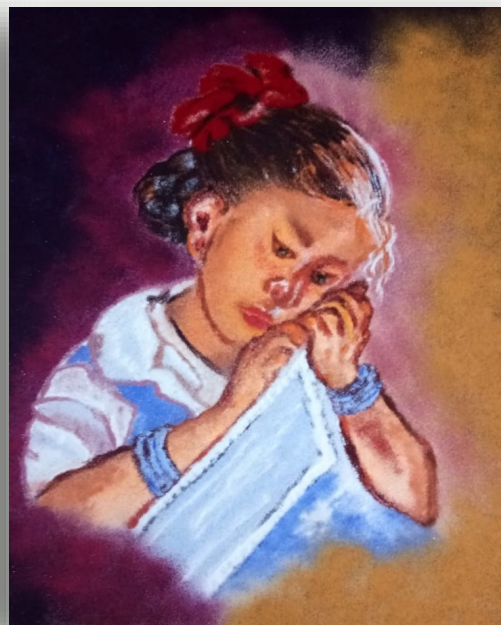
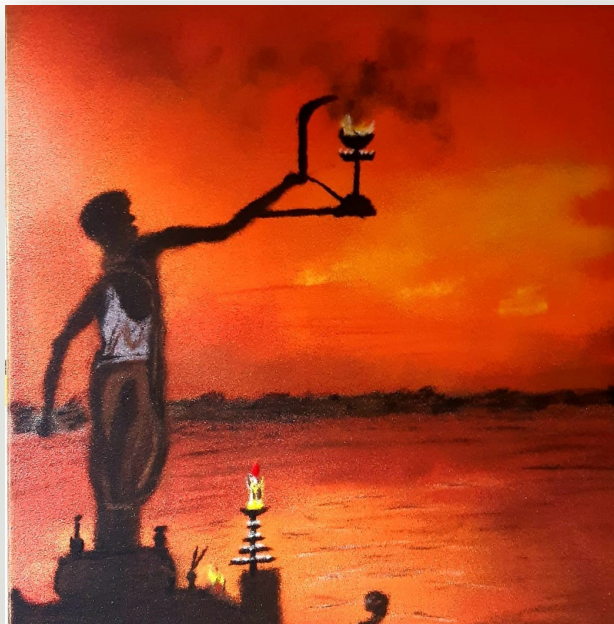
Dr. Sonal Patel Gupta is also a fellow Radiologist. She has done MBBS from JNMC(Jawaharlal Nehru medical college) Wardha, 1992 batch. She did DMRE from PDMC, Amravati in 2000 and is practicing as a private practitioner since last 20yrs at Gondia, which is a district place in central India(Vidarbha).

She is passionate about Art in its various forms since her childhood. Making a rangoli on 'bestu varas', which means beginning of Gujarati New year on the day after Diwali is an age old tradition, which she has witnessed at her home and in neighborhood since a school girl. She did her 1st independent rangoli in 2nd MBBS in a GFC rangoli competition and had won 1st prize for it, which boosted her confidence and since then she has continued this as her hobby.



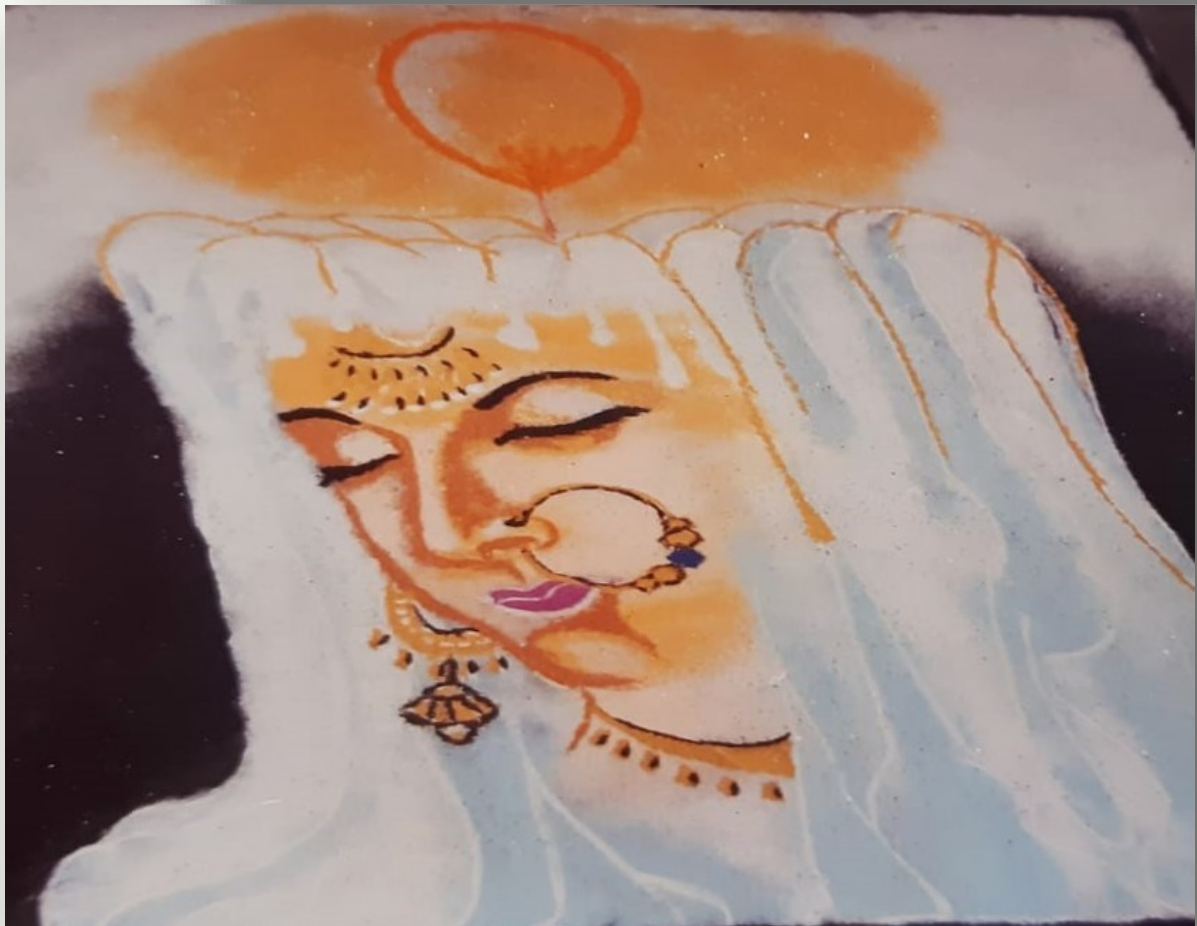
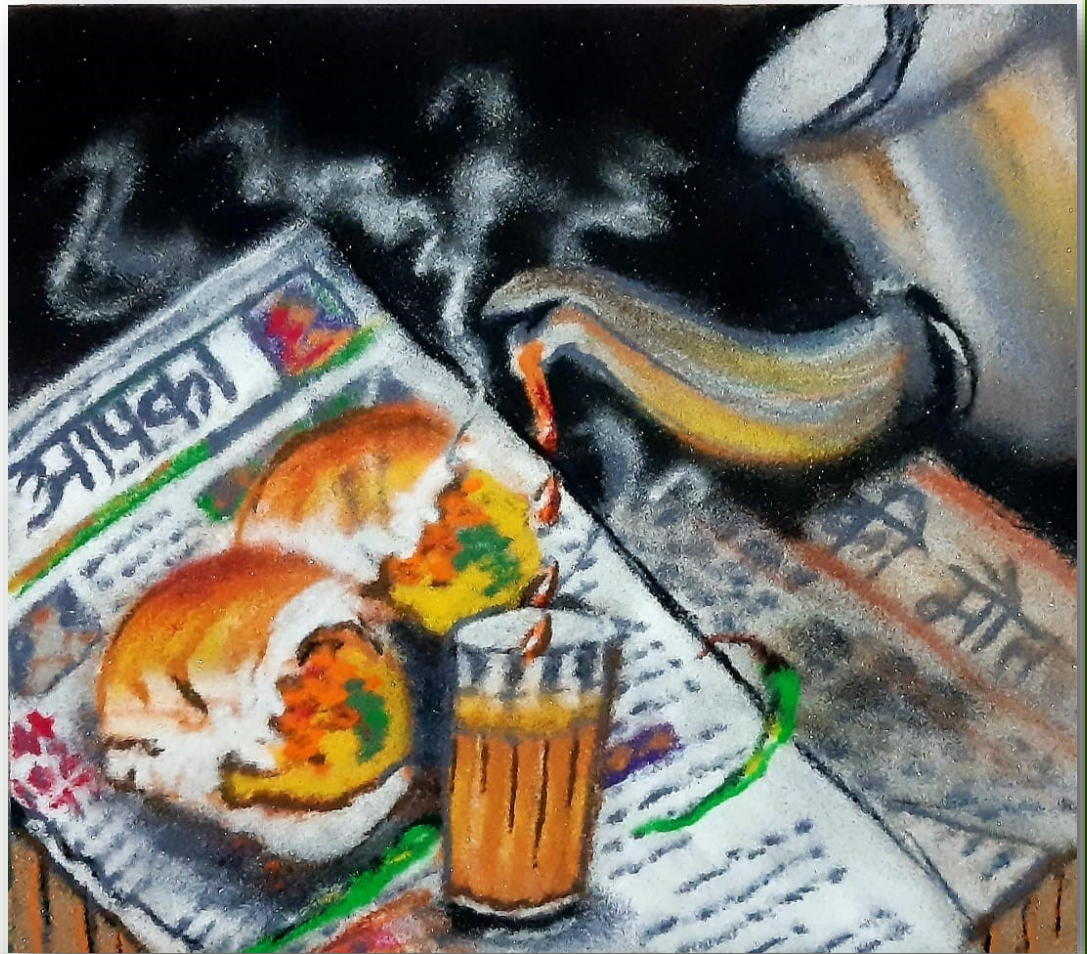


Dr. Sonal Patel Gupta,
MBBS, DMRE
Radiologist,
Gondia, Maharashtra.





Dr. Sonal Patel Gupta,
MBBS, DMRE
Radiologist,
Gondia, Maharashtra.





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

Dr. Palash Jyoti Das is a radiologist presently working in Arya Wellness Centre, Guwahati Assam.

Drawing and painting is his passion since childhood. After joining the medical profession he could not continue due to time constraints. During the lockdown period, he reignited the old passion. Here are some of his artwork, hope you will love it.





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





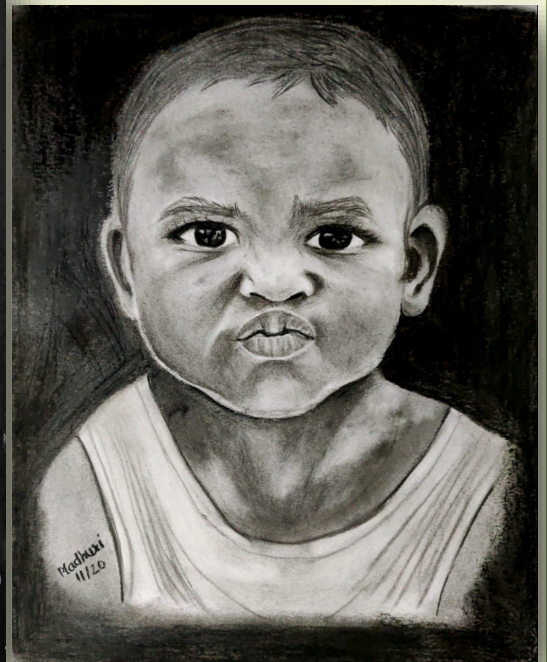
Dr Madhuri Salwe,
MBBS, DMRE.
Consultant Radiologist
Chinchwad, Pune
Maharashtra

Art

Dr. Madhuri Salwe is also a fellow Radiologist. She practices at Pune in her own clinic. Her main interest of art work is drawing pencil portraits. With the time, she is exploring new things like water color, color pencils, charcoal ,oil pastels and acrylic. also love to draw nature drawings. Here is her small contribution. I am sure you will love it.



Bharatanatyam dancer, white charcoal on A3 paper



The perfect pucker, black charcoal work on white paper



Expressions ..graphite pencil sketch on simple A4 size paper



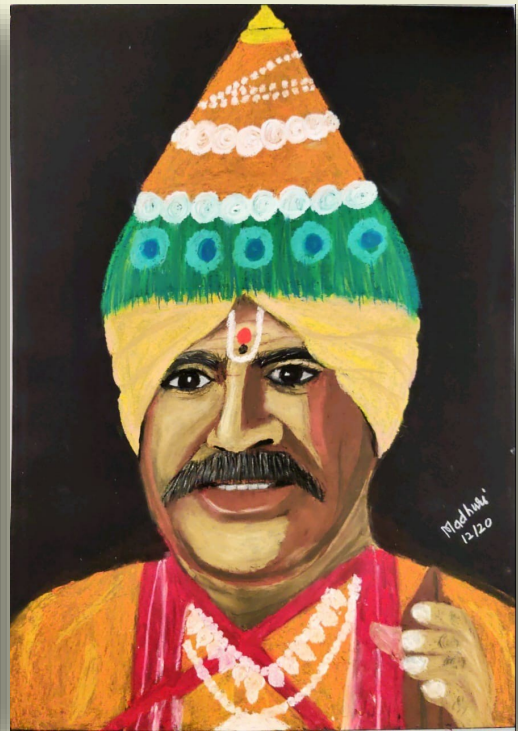
Graphite pencil work on A3 ..deep and innocent eyes



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



Kathakali - a type of classical dance with colourful make up, costumes and face mask that traditionally male actor -dancer wear, water colour on A3



Vasudeo, a Krishna worshipper ,wander through villages ,singing bhakti songs in morning ...oil pastels on A3 black paper

Art



Water colour on A3 ,
300gsm paper



Dr Juni Menon
MBBS, MS, DO. DNB,
Ophthalmic Surgeon
Arogya Medical Cen-
tre
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.



"Murlidhar Gopal"!!

24/36 inches ...on canvas...

Have attempted to create the colour tones of panchadhatu/ panchaloha sculpture in this painting....Traditional panchaloha is an alloy of gold, silver, copper, iron and zinc(sometimes lead or tin is used instead of zinc)...It is widely believed that wearing jewellery made of this alloy brings life balance, fortune ,prosperity, good health and peace of mind... Hope this artwork too brings forth the same.



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

Art



"Tranquillity"!!!!
'Peace comes from within.....Do not seek it without'!!!!
The Buddha!!!
Oil on canvas..Size:26/31.5 Inches..



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

Art



Here I have sketched my favourite deity with 6 arms along with elephant head {indicating intelligence and discriminative power}, a single tusk {the other being broken off}, the wide ears {ability to listen in order to assimilate ideas}, the three lines on forehead {symbolising time - past, present and future}, his pot belly {signifying bounty of nature and equanimity}, the position of his legs - one resting on ground and the other raised {indicating the importance of living and participating in the material world as well as in the spiritual world} the lotus symbolising the highest goal of human evolution} and don't miss the Ganesha's vehicle - the rat/mooshika - who represents the ego {Ganesha riding atop the rat becomes the master}

May Lord Vighneshwara shower his blessing on all in abundance in the coming year. Happy 2021 to all.

"Sculpture sketch of Lord Ganesha done on A3 size Bustro paper with graphite pencils.



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 sketches done recently. I am sure will like it.



Tram Car



Ready for journey



Darjeeling



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



Village House



Ox of Varanasi



Waiting for someone



Miss you Paolo Rossi



Solitude



Dr Malini Lawande
MD, DNB
Consultant Radiologist
Innovision Imaging and
Nanavati hospital,
Mumbai

Craft

Dr Malini Lawande, is a musculoskeletal radiologist practicing in Mumbai. She learnt embroidery, crochet and tatting in childhood, from her mother. She re-started crochet about ten years back and now finds it a very relaxing and destressing hobby. She feels crochet is almost meditative with repetitive stitches with the single yarn and needle that creates beautiful things out of cotton or wool yarn. She makes crochet shawls, scarves, caps, purses, bags and jewellery and loves to gift them to her friends and family. As the saying goes 'crochet keeps my hands busy, my mind calm, my heart happy, and my family warm'





Dr Malini Lawande
MD, DNB
Consultant Radiologist
Innovision Imaging and
Nanavati hospital,
Mumbai





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.

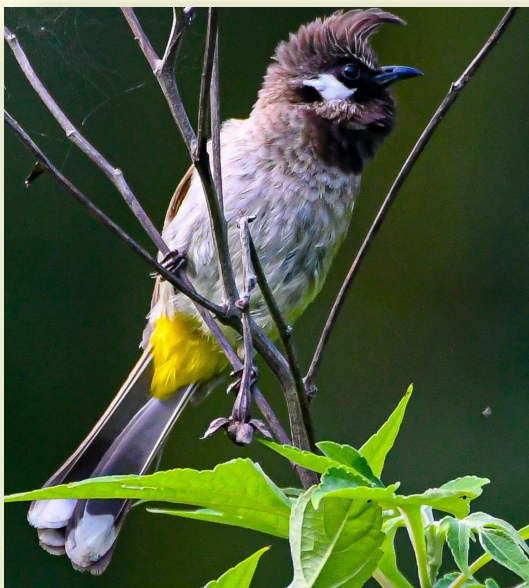
He is a self taught painter. He revived his painting after a gap of almost 4 decades. So he thinks himself a novice as far his painting is concerned. He finds peace in playing with colours. Here are some of his photographs on different types of Bulbul.



White throated bulbul



Black headed bulbul.



Himalayan Bulbul



Red Whiskered bulbul



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



Black crested bulbul



White browed bulbul.



Red vented bulbul



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,
North Bexley PCN**



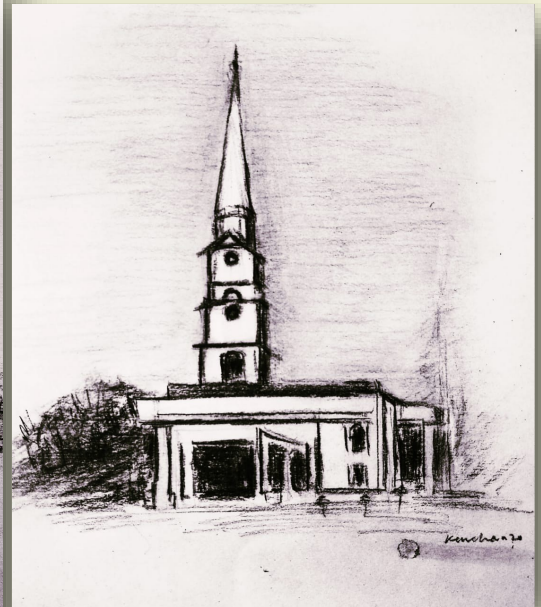


Dr. Kanchan Pathak
MBBS, DGO, MS
 Consultant ENT Surgeon,
 Nayagram Multispecialty
 Hospital
 Govt. of West Bengal,

Calcutta Canvas -



Shahid Minar, Kolkata



St. John's Church, Kolkata

Calcutta Canvas

My friend, Kanchan has sketched some of the iconic places of Kolkata on this page and has painted modes of transport on Kolkata in next page.

Hand Rickshaw and Tram are unique to Kolkata, which are not seen in any other city of India.



New Market

Calcutta Canvas -



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

Calcutta Canvas



Tram Car, another convey-
ance of Kolkata



Hand Rickshaw—Still a lifeline in crisis



Auto rickshaw - Most unruly conveyance in Kolkata



Photographs
by

**Dr. Satyam
Kumar Maity**

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 February, 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.

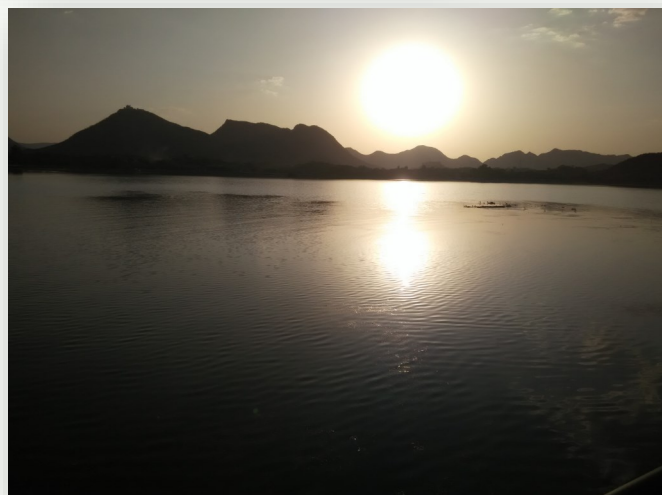
So, I request all of you to contribute to this Newsletter. Please send your material in Word format with good quality images. Please send your photograph and details of your place of work with email address also.

Your material should reach us by 15th. Of January 2020. You can send the word file to my email: viralparekh@otlook.com.

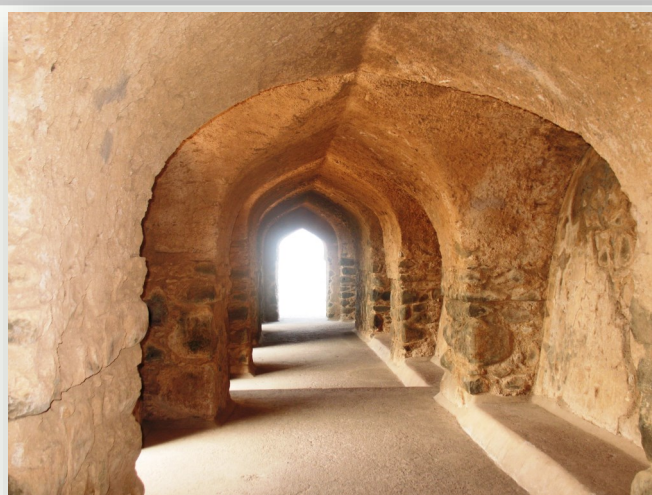
It seems vaccine is on the way. So friends, all of you take care and be safe.

Wish you all a very happy and healthy 2021.

So long. Viral Parekh



Reflections



Photography - Viral Parekh