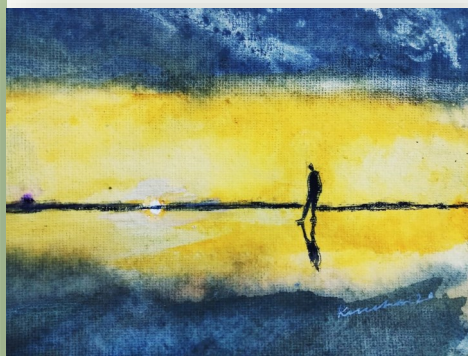


This is the 11th. issue of Reflections. What do you feel about it.? How can it be improved? Do you like or dislike something in this publication? Please share your thoughts and I will publish them in next edition of Reflections. Please write to viralpaekh@outlook.com.



Reflections

Volume II, Issue II

February 2021

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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,

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

When you see lot of good people around you suffering, you start wondering whether it pays to be a good and upright human being?

One of my friends had rags to riches story. He belonged to a lower middle class family and opted for Commerce in class XI. They used to have morning school from 6 am to 12.00 noon. He always used to bunk last class and by 11.30 he used to go to work to support his family. His father was doing a small time service in a Medicine whole seller's office. They were four brothers and he single handedly started his own business at the age of 18 and brought the whole family out of mediocrity. He sacrificed his youth and his hobbies just to uplift his family. He was ever ready to help anyone who asked for his help even if it was an unknown person. He was a through gentleman. Over a period of time, he made riches and his all brothers were well settled. Two of his brothers migrated from Kolkata and did well. One younger brother also did well, But over a period, my friend again had a bad patch because he heavily trusted a staff, who in fact was absolutely untrustworthy and started eroding his business. This person took full ad-

vantage of his trust and almost finished off his business by siphoning funds. By the time he realised his mistake, it was too late. He started to face financial crisis and thought he will be helped by persons whom he had helped in the past. But, everyone mocked him for trusting a person too much and nobody helped him except two school time friends. He felt dejected but never uttered a word against anyone. I could feel his pain and at the same time admired his composure. When someone goes through a bad patch, the problems come in tandem. He complained to me of back pain once. I knew this guy since the age of 8 years, when we were classmates in school, he was a strong man and if complains of pain, that means he is in severe pain. I did his MRI next day and to my utter shock, he had skeletal metastases. To look for primary, I did his prostatic MRI also, which revealed the culprit. He survived 18 months after the diagnosis and his last 6 months were horrible and I used to have tears in my eyes seeing him suffer like this. He breathed his last at the age of 57.

This is just to mention one of such real life occurrences. I have seen many such instances. Many of my patients confide in me and tell stories of their life, which most of us think are unbelievable. I have seen smooth talkers and mean

minded people being highly successful and living trouble free till the age of 80-90 years. We all have seen politicians of any hue, surviving very long and have lavish life with their ill-gotten money. Whereas, I have seen upright persons facing not only financial problems but also facing lot of other problems in life.

So, it compels me to think does it to pay to be honest and good human being? To seek an answer, I phoned a senior friend of mine who is also a Radiologist and has spiritual inclination. I asked him why do such things happen and why do good human beings suffer? He is a strong believer in religion and replied immediately that those who are enjoying in spite of being corrupt and selfish; are reaping the benefits of good deeds in last reincarnation and those who are suffering are paying for bad deeds in last reincarnation. I did not agree with him.

But, what do you think? You can share your thoughts in letter to editor at viralpaekh@outlook.com.

This issue would not have been possible without the help of Satyam, Sushanta, Kanchan, Nivedita, Dr. Juni Menon, Dr. Smita Mahajan, Dr. Rohini Patil, Dr. Sushama Marulkar, Dr. Girish Baragur V, Dr. Disha Bongale, Dr. Purnyabrata Das, Dr. Palash Jyoti Das, Dr. Vijaya Hiwale Gedam, Dr. Praveen Bhatia, Dr. Hardik Modi, Dr. Ritu Lohkhande, and Dr. Saurabh Deshmukh. I am obliged and sincerely thank all of them.



Music

"Music is enough for a lifetime - but a lifetime is not enough for music." ~ Sergei Rachmaninoff

"Music can change the world because it can change people" - Bono

"Master your instrument. Master the music. And then forget all that bullshit and just play." ~ Charlie Parker



Harmonica or a mouth organ is a free-reed wind instrument. Harmonica consists of free metal reeds set in slots in a small metal-enclosed wooden frame and supplied with wind through two parallel rows of wind channels. Basic diatonic harmonicas are cheap and widely available.

The harmonica has different names, such as: mouth organ, mouth harp, Hobo Harp, French harp, Reckless Tram, harpoon, tin sandwich, blues harp, Mississippi saxophone, or simply harp.

There are many types of harmonica like

- Diatonic,
- Chromatic,
- Tremolo,
- Octave,
- orchestral
- Bass versions

The notes of the diatonic (seven-note) scale are obtained by alternately blowing and sucking, with the reeds positioned to sound by alternate directions of wind flow.

A note can be played either by puckering the lips to single out the desired mouth hole in the instrument or by covering unwanted holes with the tongue. One or more notes can be sounded at a time.

In chromatic (12-note scale) models, a finger-operated stop selects either of two sets of reeds tuned a semitone apart.

Harmonica is used worldwide in many musical genres, notably in blues, American folk music, classical music, jazz, country and rock.

Notable Harmonica players are Bob Dylan, Neil Young and Steven Tyler. Little Walter was one of the most well known blues harmonica player ever.



Dr. Nivedita Chakrabarty
M.B.B.S., DNB (Radiology),
Fellowship in Musculoskeletal
Radiology.
Asst. Professor & 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.

Open the door...

**Open the door
A smile is waiting
From an unfamiliar face amidst the crowd
To transform a stranger into a confidante lifelong**

**Open the door
A friend is standing
In the same corner where you left her
Hoping to rekindle the fun filled banter**

**Open the door
A blessing is eager to reach
From that wrinkled face and tremulous hand
In whose heart dwells your childhood memories abundant**

**Open the door
An opportunity is knocking
To payoff your hard work and satisfy your vision
To make your effort count and fulfil your ambition**

**Open the door
A forgiveness is pending
To unburden your heart and make peace with your past
Enabling you to create a new irreproachable path**

**Open the door
The nature is enticing
Beckoning you in the morning beside the shore
With the rustling leaves and birds galore**

**Open the door of your closed mind
Where none other than you can reside
Life is still beautiful out there
Just open the door and let in the positive vibe.**



Dr. Smita Mahajan
MBBS, DMRD
Consultant Radiologist
Kalyan, Maharashtra,

Dr. Smita Mahajan is also a fellow Radiologist. She now runs her own clinic - Nishkarsh X-ray & Sonography Centre at Kalyan, Maharashtra. She started writing poems during college days , then there was a long break . She has resumed it since last 2-3 years. Her poems are mostly emotional outbursts of her feelings , her dreams and her past. She is inspired by nature and hence you can find their descriptions in most of them.

पर्वतों के शिखरों को चूमती ,
अठखेलियां करती,
चट्टानों से उलझती -जूझती सरिता,
गहराई लिए अब शांत, मैदान पर उतर आयी है !

क्या हुआ , जो अब वह चंचलता,
वो अल्हड़पन नहीं रहा...
अब तो प्रगल्भता है, परिपक्वता है
सब कुछ अपने आप में
समावेश कर लेने की क्षमता है !!

शांत होते हुए भी , उसकी धारा में बल है उसके
बहाव में ठहराव भी है और गति भी

अपने में समेटे हुए हैं ,
सृष्टि के सृजन की शक्ति!
जीवनदायिनी है वह धारा ,
करती है पोषित^[OBJ] धरा और भक्ति!

लंबे प्रवास के अंत में
प्रवाह होता है उसका मंद
करना है विलय सागर संग
यही निश्चित है उसका अंत !

छोड़ सारी अपने में समेटे पूंजी ,
खोल सारे बंधनों की कुंजी ,
व्याकुल उत्कंठित वह तरिणी आदिकालीन !
अंततः होती है वह
अनंत में विलीन...

सृष्टि से सृजन
सृजन से गति
गति से ध्येय
ध्येय की चुनौती!!!

धधकती ज्वाला अंतरमन में
कर निश्चय इस समरांगण में
जीत सुनिश्चित होगी तेरी
ऊर्जावान कर्मठ योगी बनकर !

अथक निरंतर प्रयासरत बन
सृष्टि का तू ऋण पूरा कर !!

कर्म कर , सृजन कर
अपने सामर्थ्य का प्रयोग कर !
अनुसरण करें पदचिहनों को
धरा को तू सु-सज्जित कर !!!!



Dr.

Dr. Rohini Patil
MBBS, DGO
Consultant G&O
Vasai, Maharashtra,

Dr. Rohini Charudatta Patil is a Gynecologist by profession. She finished MBBS and DGO from GMC Miraj. She started practicing at Abhinav maternity nursing home in Nallasopara, Vasai, Palghar 12 years back. She was a columnist for "Tanaat Manaat", Dainik Herald newspaper, Goa for 2 years. She has finished 5 exams from Gandharva Vidyalaya in Kathak Nritya. She is about to publish a booklet of four liners. Here are some of her poems.

TEACHER

Is indeed a seed sower
An intelligent Gardner
An awakener
A discoverer

He teaches me to count
N upon what to count

Knowledge he adds
Ignorance he subtracts
Happiness he multiplies
Wisdom he integrates

Wishful thinking
Practical learning
Gistful imbibing
Maximal soaking

He kindles a fire in you
And watches from afar
How you follow through

DIEGO ARMANDO MARADONA

This soccer's golden kid
Born in Buenos Aires
Was so very unique
And best of all times

A mere 5 '5" caricature
Was the world's best dribbler

Gravity sided with him
And the BALL was guided by him

Footballer of the Century
Indeed a legendary

With his techniques made history
And attained the zenith of glory

Rest in peace dear
The crowned prince of Argentine soccer

Final applause to this worthy player
There never will be such a FOOT BALLER

ANAESTHETIST

In the adrenergic OT scenario
The only optimistic romeo
Is the real-time methodist
Undoubtedly the Anaesthetist

Analgesia and Amnesia
Being his hypnotising skills
So he waves his magical wand
Whenever the surgeon wills

He is the selfless crusader
An ever toiling stress waiver

And pretty sure of his point-blank shot
He teaches you a lot you agree or not

Many times unheeded
Lots of times unsung
This true surgical warrior
Very carefully uses his tongue

And before you even know
He swiftly leaves the scene
To still reach out to those
Unknown and unseen



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 s most skillful art learnt during lockdown. Here are some of her artwork on stones.

Sushama



Sushama





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



**Stones before
being painted.**

Sushama



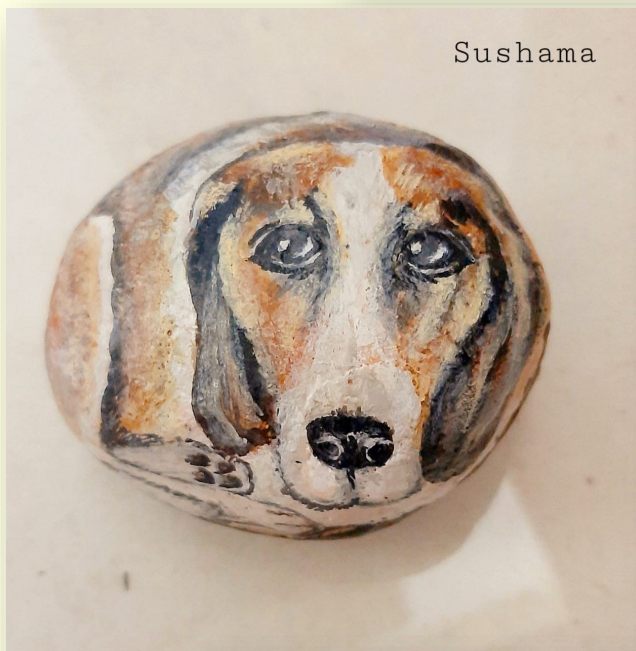
Sushama



Sushama

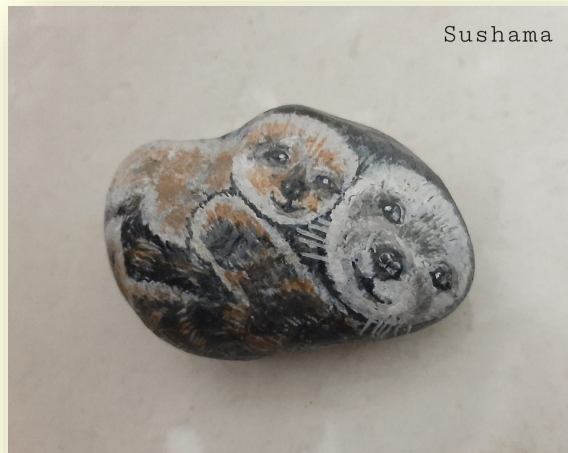


Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,
Satara, Maharashtra.





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





Dr. Girish Baragur V
MBBS, DMRD, DNB
Consultant Radiologist

Dr. Girish is also a fellow Radiologist. He did his MBBS from MMC Mysore DMRD & DNB from LTMMC Mumbai. He did interventional Radiology Fellowship (AFSA) from France. He is now practising diagnostic and interventional radiology at Bangalore.

He used to sketch and paint during his school days and had given up after entering Medical field. About 2yrs back his interest was rekindled by looking at his daughter's art classes. So he joined an art school and for about a year learnt to use different media and techniques.. Now he paints and sketches freely on his own. Sometimes, he takes tips from You tube. His favourite is oil paint and graphite or charcoal sketching and shading. He is fascinated by water colour and is trying more of it lately. Here are some of his sketches and paintings. I am sure you will love it.



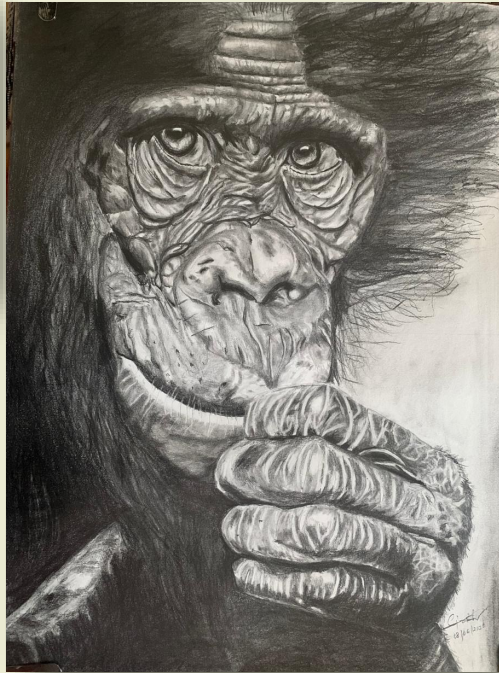


Dr. Girish Baragur V
MBBS, DMRD, DNB
Consultant Radiologist





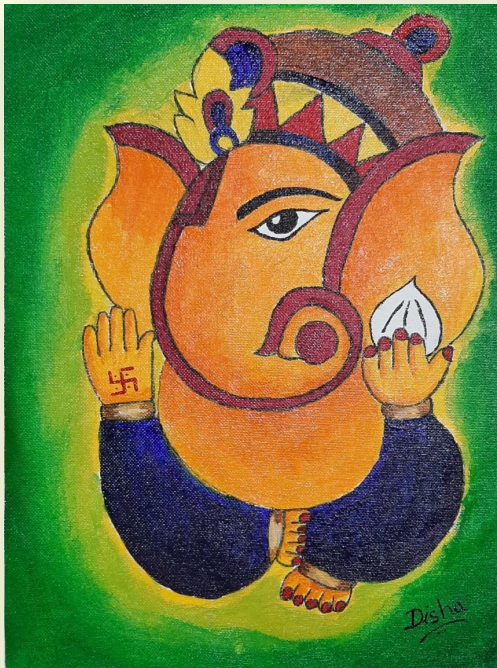
Dr. Girish Baragur V
MBBS. DMRD, DNB
Consultant Radiologist





Dr. Disha Bongale
MBBS, DMRE
Radiologist.

Dr. Disha Bongale is a Radiologist based in Pune. She has done MBBS from K. J. Somaiya Medical college, Mumbai and a DMRE from the Bhatia Hospital Mumbai. She was also an observer in the Radiology department at the Inova Fair Oaks Hospital, USA. She is currently working as a Radiologist at Jehangir Hospital, Pune and also as a Director for Dr Arbat's Orthopedic Team. She did her first pencil sketch during lockdown to encourage her kids. The quarantine protocols imposed on doctors and encouraging words from her friends helped her to explore various art forms like sketching, painting etc. She has used YouTube and various other online platforms to learn art. Her current passion is zentangle Art. She loves sketching with her kids.





Dr. Disha Bongale
MBBS, DMRE
Radiologist.





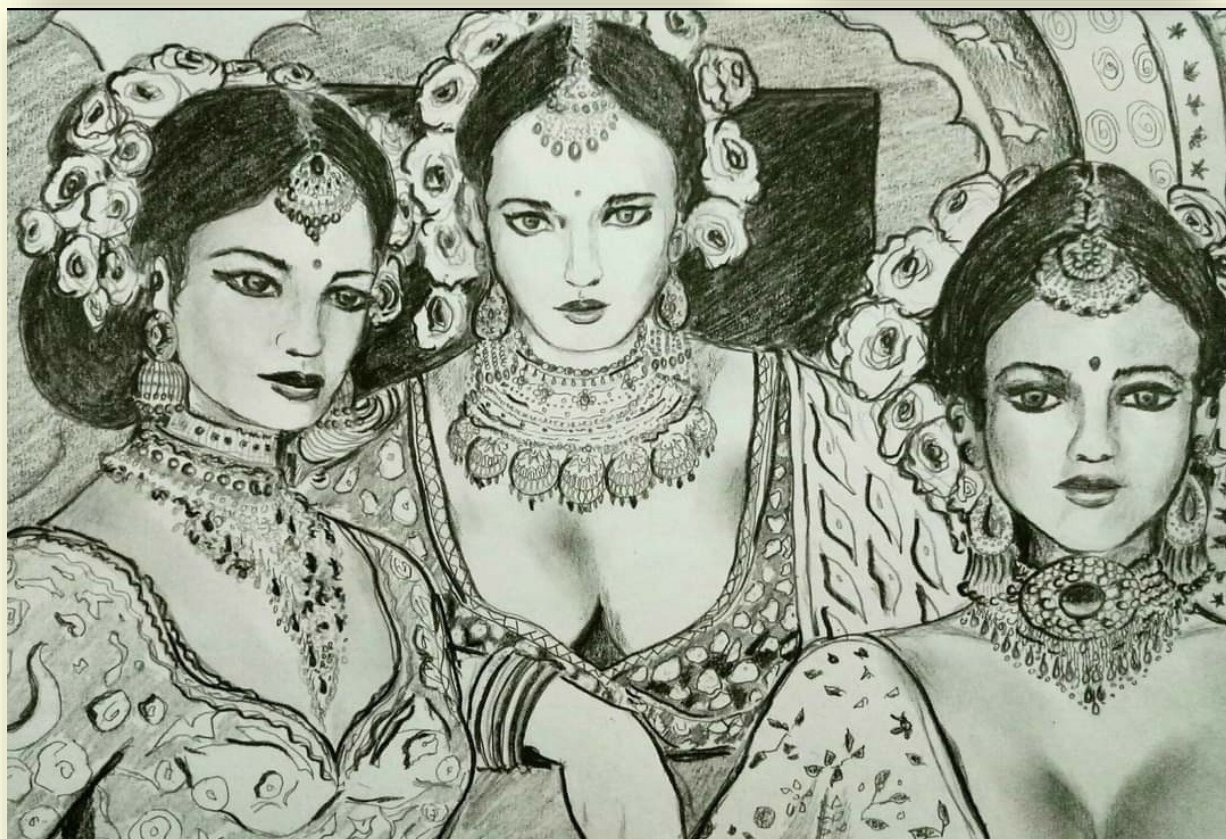
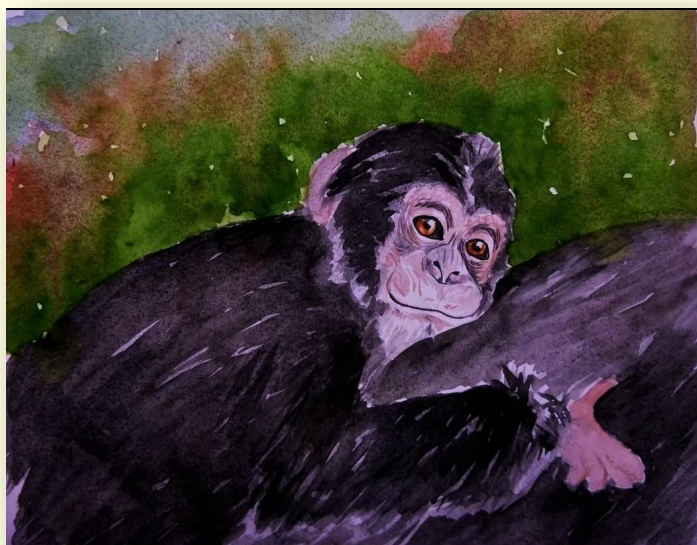
Dr. Disha Bongale
MBBS, DMRE
Radiologist.





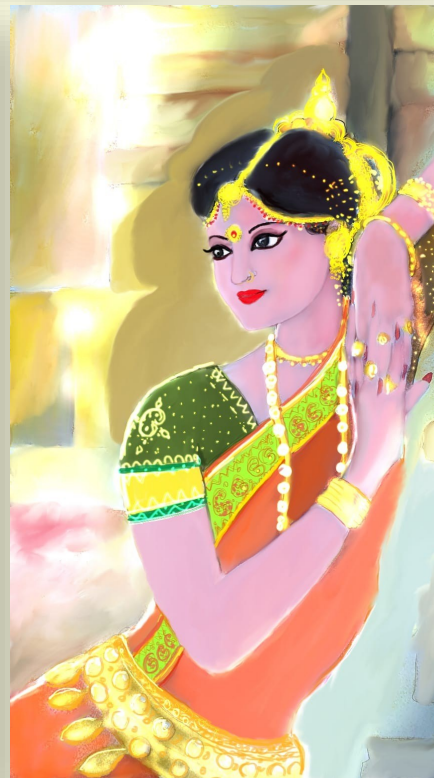
Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist

Dr. Punyabrata Das is also a fellow Radiologist. He is consultant at MSA and Sun Diagnostics, Alipurduar, West Bengal. He never had formal training in arts. He picked up skills through observation. He experiments with different mediums including pencil, oil, watercolor and lately digital art. Besides being a painter, he is a good singer and can sing in multiple languages including Spanish and Arabic. He is a good dancer too. Here are some of paintings and sketches as well as digital art. I am sure you will love them.





Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist





Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist

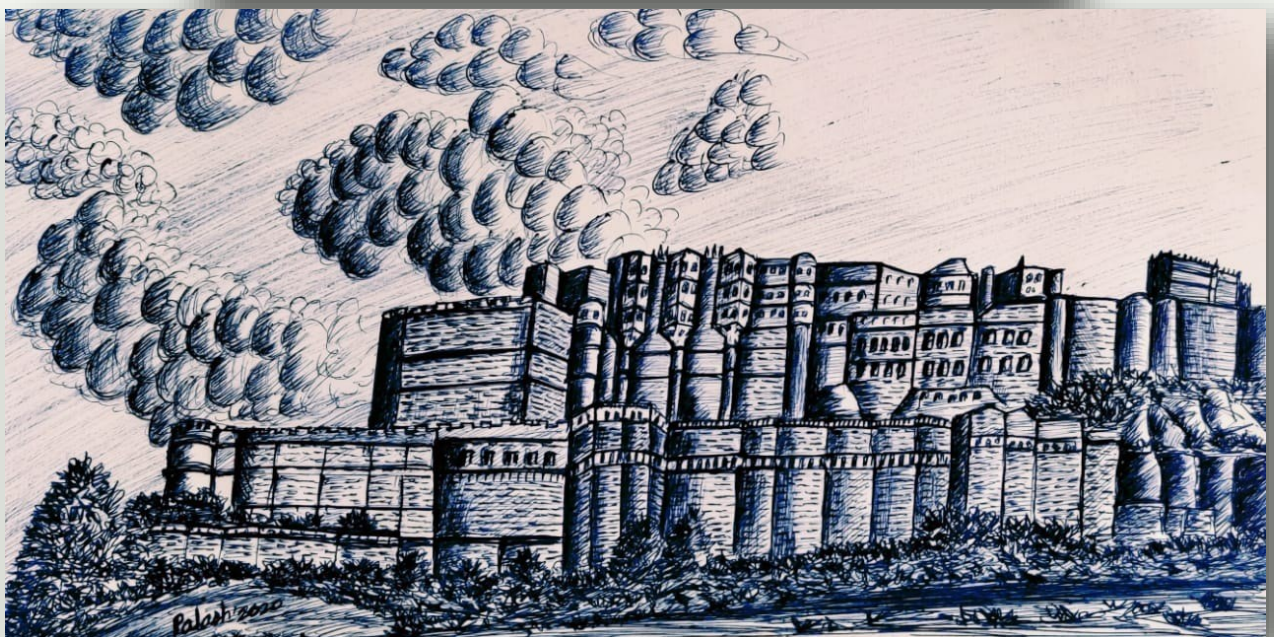




Dr. Palash Jyoti Das,
MBBS, MD
Radiologist,
Arya Wellness Centre,
Guwahati, Assam

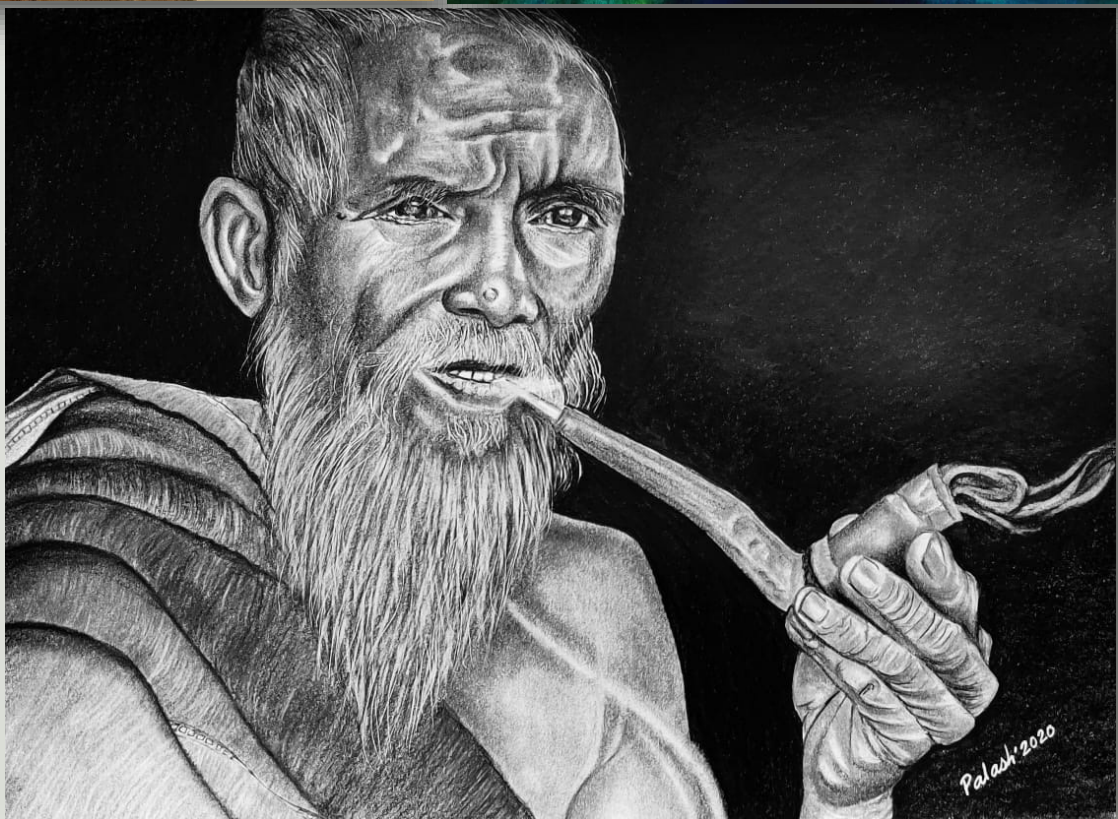
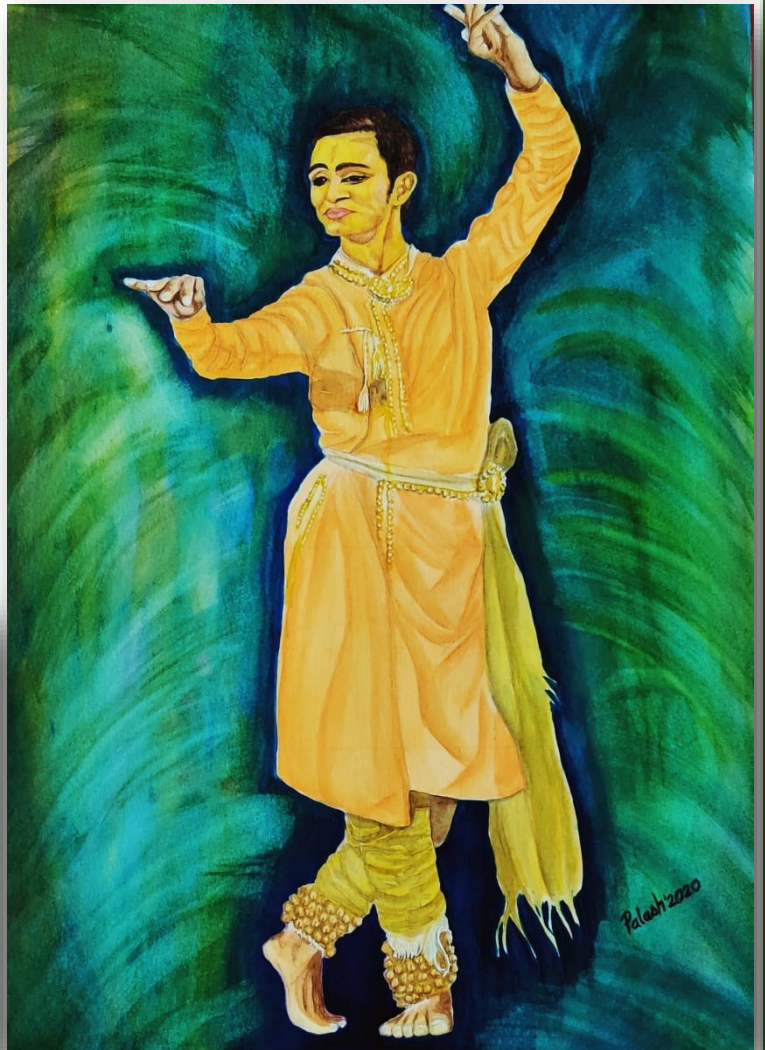
Dr. Palash Jyoti Das is a radiologist presently working in Arya Wellness Centre, Guwahati Assam.

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



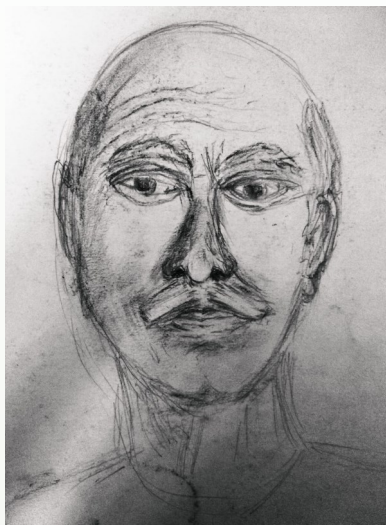


Dr. Kanchan Pathak
MBBS, DGO, MS
Consultant ENT Surgeon,
Nayagram Multispecialty Hospital
Govt. of West Bengal,
West Bengal, India.

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. I am sure will like it.



Flowers



Mr. Ali Hussain- my first patient



Black rose



Joya, I miss you



Trees



Dr. Vijaya Hiwale-Gedam
MBBS, DGO,
Pune
Maharashtra, India.

Dr Vijaya Hiwale-Gedam, M.B.B.S;D.G.O, is a practicing obstetrician and Gynecologist, Pune ,Maharashtra. She is an alumni of BJ Medical college, Pune and did her OBGY from KEM hospital, Pune.

Though she was always fond of art , but couldn't find much time because of professional engagements but this lockdown gave her some time to rediscover herself. Now she has some moments of joy in otherwise bleak period of pandemic. She followed YouTube tutorials and is a self taught artist. Art has really helped her to uplift the otherwise bleak mood.





Dr. Vijaya Hiwale-Gedam
MBBS, DGO,
Pune
Maharashtra, India.





Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

Dr. Praveen Bhatia is also a fellow Radiologist, He has done MBBS from UCMS Delhi and MD Radio-Diagnosis from Maulana Azad Medical College, Delhi. He runs a diagnostic centre at Faridabad, Haryana. He started cartooning initially as time pass during corona lockdown, enjoyed and then carried on. He is also an avid traveller, blogger and corona time singer. Here are some of his cartoons, which I am sure will tickle you.



SAURAV GANGULY SUFFERS HEART ATTACK - UNDERGOES ANGIOPLASTY
KAPIL DEV SUFFERS HEART ATTACK- UNDERGOES ANGIOPLASTY





Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

INDIA SLUMPS TO ITS LOWEST EVER TEST TOTAL OF 36 RUNS AGAINST AUSTRALIA IN ADELAIDE



INDIAN CRICKET FANS

dr praveen bhatia

HIPPOCRATES - 400BC



"The life so short,
the craft so long to learn"



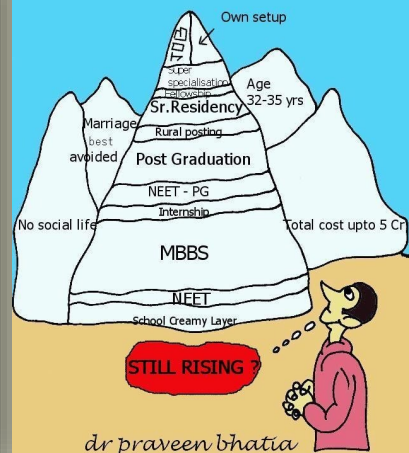
HYPOCRITES - 2020

"The craft so long to learn,
so create a short cut"

↓
MIXOPATHY (MAKE IN INDIA)

dr praveen bhatia

MT. EVEREST HEIGHT RISES-NOW 8848.86 M



dr praveen bhatia

FAMOUS PIAZZAS (SQUARES) IN ROME

PIAZZA NAVONA.
PIAZZA DEL POPOLO
PIAZZA DI SPAGNA
PIAZZA DEL CAMPIDOGLIO

WHICH IS YOUR
FAVOURITE
PIAZZA?



CHICKEN
DO PIAZZA!!!

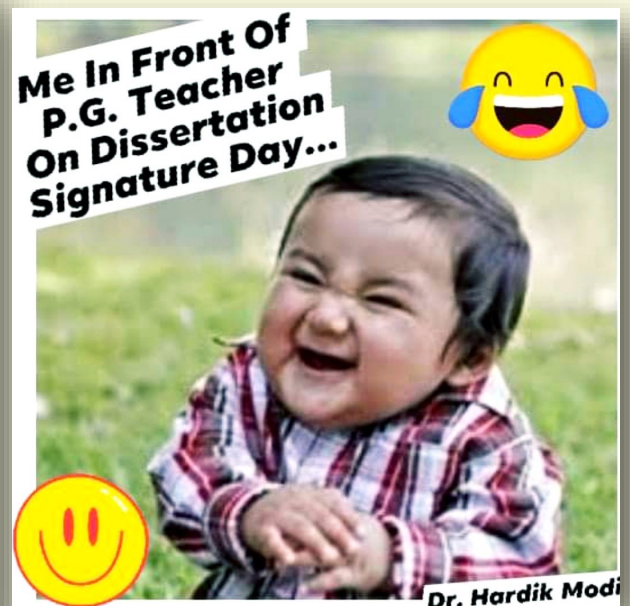
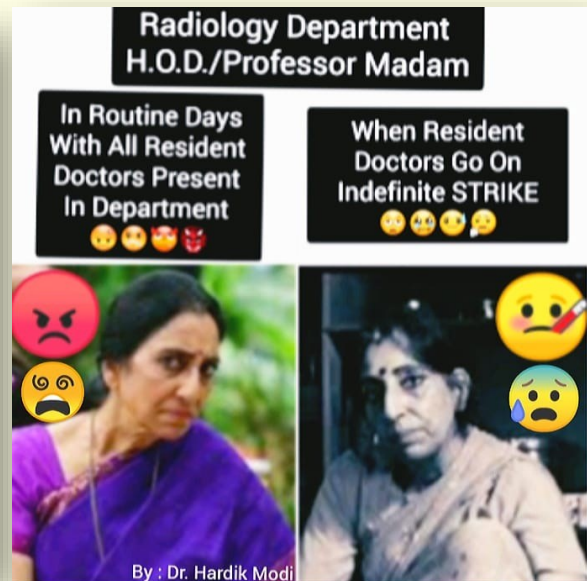


dr praveen bhatia



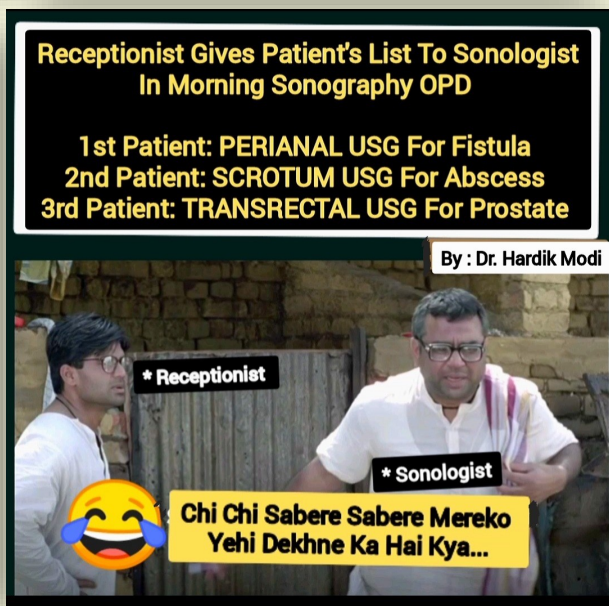
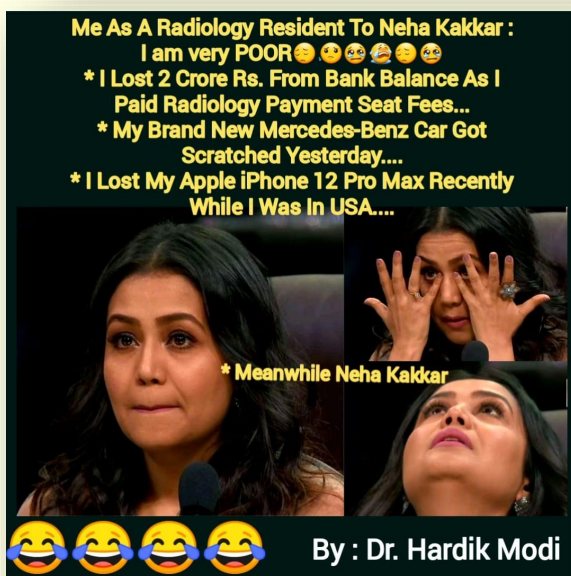
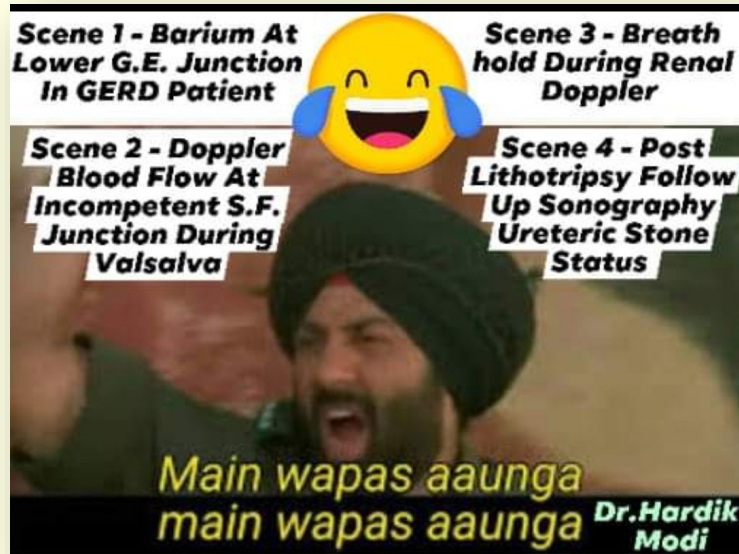
Dr. Hardik Modi,
MBBS. MD
Consultant Radiologist

Dr. Hardik Anilkumar Modi is also a fellow Radiologist. He did his MBBS and MD from Smt. N.H.L. Municipal Medical College, Ahmedabad. He runs his own clinic, Krishna Imaging Centre at Bavla, Ahmedabad, Gujarat. Many of the things, which we see and face in common day to day practice, he just puts those moments in words and pictures. He just loves different expressions, mood and psychology of different people. Seeing these casual details and putting them in his style is his art. His main hobby is singing. He puts his soul in his singing and you have to see him singing that how animated his singing is. He can sing in multiple Indian languages. He was runner Up In Rad Idol 2020 Singing Competition (Singing Competition Amongst Radiologists All Over India). Here are some of his memes. I am sure you will love them.



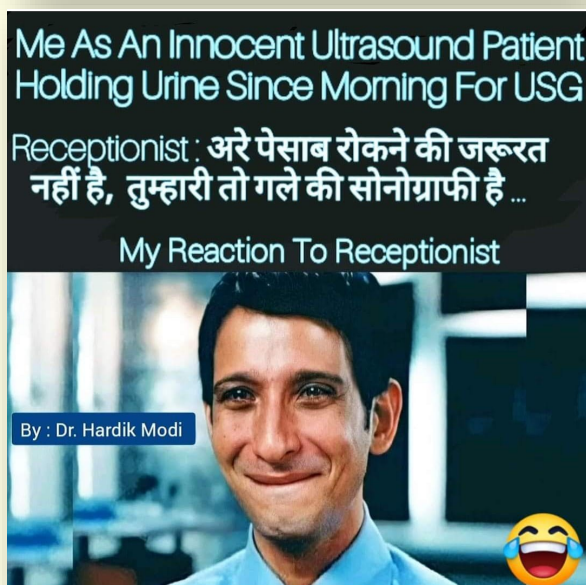


Dr. Hardik Modi,
MBBS. MD
Consultant Radiologist





Dr. Hardik Modi,
MBBS. MD
Consultant Radiologist



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 al-
ways 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 wher-
ever 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 ex-
press my love and
take care of them. I
never realised when
this became the an-
them 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 en-
joying the moment.
This lock down gave
wings to my creativi-
ty and I could sharp-
en my baking skills.

Dr. Ritu Lokhande

Culinary Arts - Recipe - Chapter I - Butter Flaky Croissants - Dr. Ritu Lokhande



Dr. Ritu Lokhande
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. Here is the recipe for Croissants.

Buttery flaky croissants

Croissants are French savoury made up of layered yeast leavened dough. the dough is layered with butter, rolled, and folded successively multiple times and then rolled out into thin sheets and then baked with lots of love and patience. They taste best with a cup of coffee/tea and tastes even better in the company of loved ones.

Preparation time: 70 mins

Cooking time: 15-20min

Additional leavening time :10 hrs 20 mins

Total :12 hrs 15 mins

Servings:12 (approx.)

Ingredients-

1. ¼ teaspoons active dry yeast
2. 3 tablespoons warm water
3. 1 teaspoon white sugar
4. 1 ¾ cups all-purpose flour (Maida)
5. 2 teaspoons white sugar
6. 1 ½ teaspoons salt
7. ⅔ cup warm milk
8. 2 tablespoons vegetable oil
9. ⅔ cup unsalted butter, chilled
10. 1 egg for egg wash for the glaze effect.

Culinary Arts



Dr. Ritu Lokhande
Radiologist
Pune.

Steps

1. Combine yeast, warm water, and 1 teaspoon sugar. Allow to stand until creamy and frothy, generally it takes 5 minutes.
 2. Measure flour into a mixing bowl. Dissolve 2 teaspoons sugar and salt in warm milk. Blend into flour along with yeast and oil. Mix well; knead, knead, knead until its smooth. Cover, and let rise until its three times its volume, about 3 hours. Deflate gently by punching, and let rise again until its double the volume, say for about another 3 -4 hours. Deflate and chill in freezer for 20 minutes.
 3. Massage butter until malleable /flexible but remember it should not be too soft and oily. Pat dough into a rectangle. Smear butter over top two thirds, leaving 1/4-inch margin all around. Fold unbuttered third over middle third, and buttered top third down over that. Roll out to a rectangle. Fold in three again. Sprinkle lightly with flour and put dough in a plastic bag. Refrigerate 2 hours. Unwrap, sprinkle with flour, and deflate gently. Roll to a rectangle, and fold again. Turn 90 degrees and repeat. Wrap in a cling sheet, and chill 2 hours.
 4. To shape, roll dough out to a smaller rectangle. Cut in half crosswise, and chill half while shaping the other half. Roll out to a approx. 14x4 inch rectangle. Cut that into three 5 x 5-inch squares. Cut each square in half diagonally. Roll each triangle lightly to elongate the point and make it 7 inches long. Grab the other 2 points and stretch them out slightly as you roll it up. Place on a baking sheet, curving slightly. Let shaped croissants rise until puffy and light. In a small bowl, prepare egg wash (beat together egg and 1 tablespoon milk). Glaze croissants with egg wash.
- You can make your desired shapes.
 - Bake in a preheated 475 degrees F (245 degrees C) oven for 15 to 20 minutes.
 - Enjoy
 - Nutrition Facts - Per Serving:(taken from internet) - 196 calories; protein 3.1g; carbohydrates 15.8g; fat 13.4g; cholesterol 45.9mg; sodium 303.5mg.
 - If you like it, do try, and let me know how the croissants turned out to be I am always reachable at 9922402920 Dr Ritu Lokhande

Culinary Arts - Recipe - Chapter I - Butter Flaky Croissants - Dr. Ritu Lokhande



Dr. Ritu Lokhande
Radiologist
Pune.



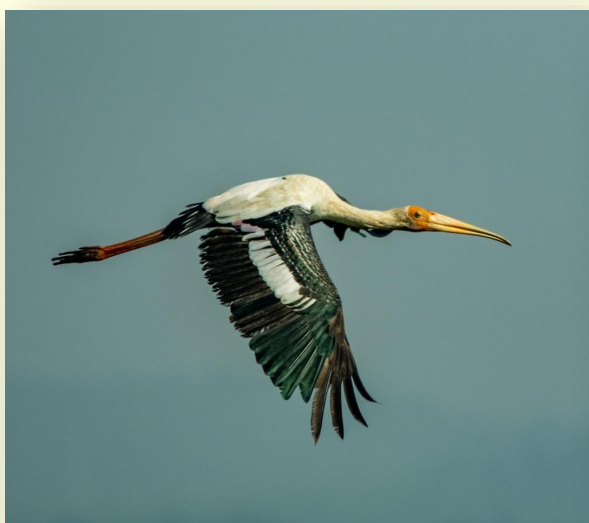


Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

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}.

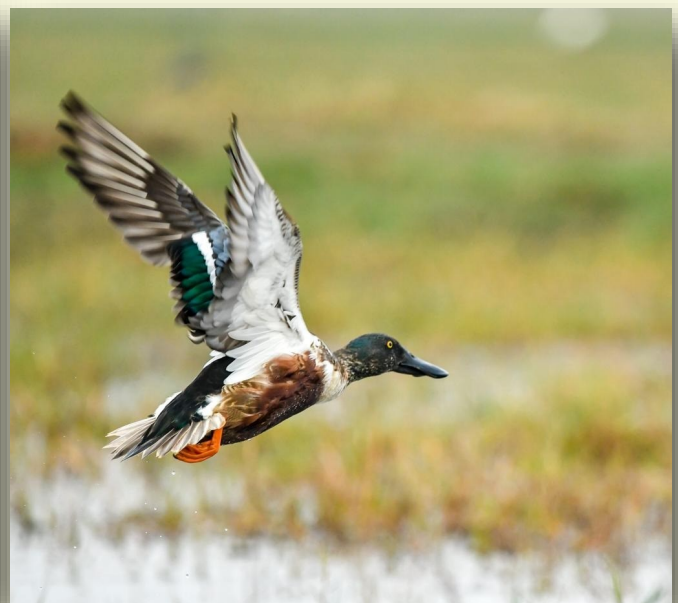
Painting & music were his dream. He learnt classical music from a Ustad who was a teacher of his mom. He graduated in music & progressed to the mark of sangeet prabhakar.

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 birds in flight.





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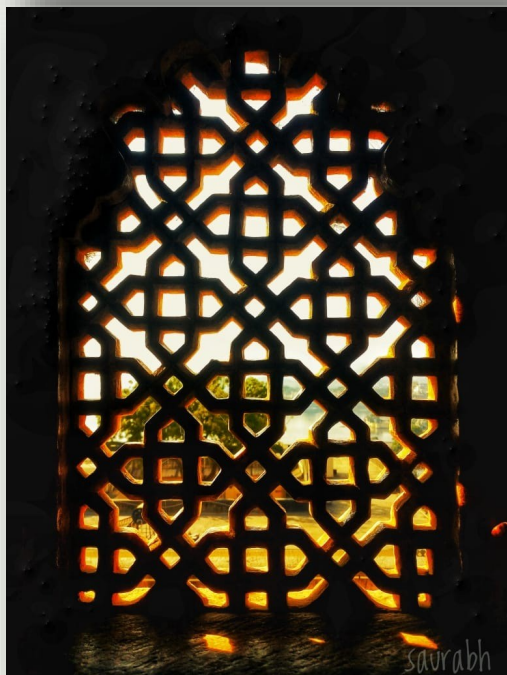
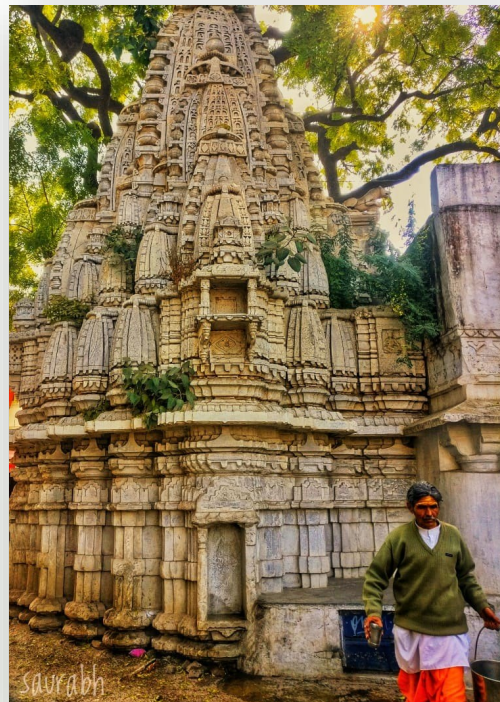




Dr. Saurabh Sharad Deshmukh,
MBBS, MS
Consultant Ophthalmologist
Kothara community hospital
Paratwada, Amravati,
Maharashtra.

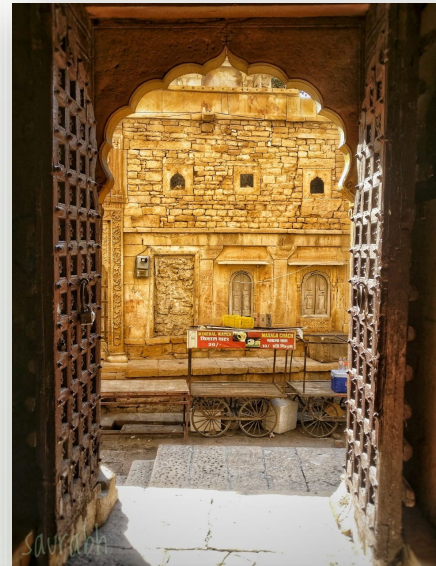
Dr Saurabh Sharad Deshmukh is an ophthalmologist by profession. He did his MS (Ophthalmology) from MGIMS, Sewagram and passed out in 2013. Presently working as a senior consultant ophthalmologist and surgeon, at Kothara community hospital in Paratwada, district Amravati, Maharashtra State. He used to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





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





Mr. Sushant 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. Sushant 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

My friend, Kanchan who is a painter basically has donned the cap of Photographer in this issue.

Here are some of the photographs of Bagbazar Ghat in North Kolkata. I am sure it will give you some idea of real and genuine Kolkata.

The name, Bagbazar, is derived from two words put together from old Bengali literature: "bag" meaning flower garden and "bazaar" meaning market. So it refers to a place where flowers are abundant.

Calcutta Canvas - Bagbazar Ghat



River Ganga



Main Gate of
Mayer Ghat

Mayer ghat



Calcutta Canvas -

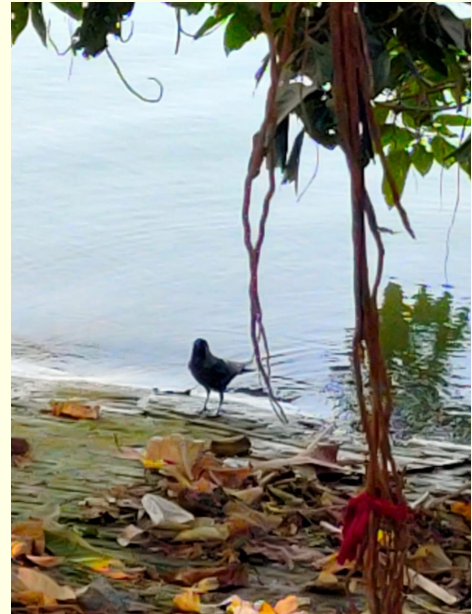


Dr. Kanchan Pathak
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Consultant ENT Surgeon,
Nayagram Multispecialty
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Calcutta Canvas



Holy dip



Waiting for the grub



Surgeon and Otorhinolaryngologist at work on the ghat.



Riverside Goddess



Photographs by
Dr. Satyam Kumar Maity

Next issue in March 2021

We are bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in March, 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 February 2021. You can send the word file to my email: viralparekh@otlook.com.

I have been vaccinated. Have you taken the jab? So friends, get yourself vaccinated and be safe.

So long. Viral Parekh



Reflections



Photography - Viral Parekh