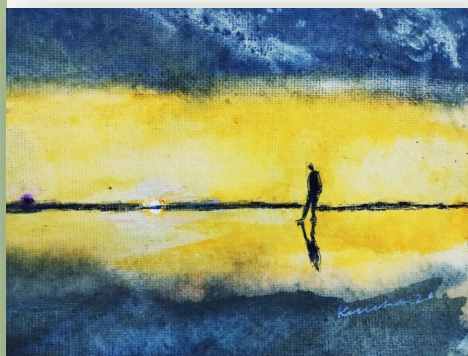


This is the 12th. issue of Reflections. What do you feel about it.? How can it be improved? Do you like or dislike something in this publication? Please share your thoughts and I will publish them in next edition of Reflections. Please write to [viralpaekh@outlook.com](mailto:viralpaekh@outlook.com).



# Reflections

Reflections

Reflections

March 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

Namaskar,

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

It is very heartening to know that an American of Indian origin, Ms. Swati Mohan, narrated the landing events from inside mission control as the Perseverance rover landed on Mars on 18 February 2021. She is an aerospace engineer and was Controls Operations Lead on the NASA Mars 2020 mission.

Ms. Kamala Harris is also an American of Indian-African origin and has now become the first woman Vice President of USA.

As an Indian, we take pride in their achievements but at the same time it makes us realise that how strong and successful women can be. In India, our women had suffered a lot due to male chauvinism but they have now come of age and are in forefront of every sphere of life. Be it politics, arts, sports, finance and education. You name it and you will find a woman heading the institution. In spite of many

handicaps and social stigmas and familial expectations, the women in India have shone in different fields since time immemorial. They have held highest offices of Prime Minister as well as President of our country.

Besides that, most of the Indian women sacrifice their personal aspirations for the family. They are ever sacrificing and look after husband and children in a most affectionate way.

So, no wonder women in India are worshipped, be it Durga, Kali, Sarasvati or Laxmi.

Many women in India have come of age but still a vast majority are yet to make it big. I hope some day, every woman fulfils her dreams and shines in every nook and corner of the country.

As G.D. Anderson has said "Feminism isn't about making women strong. Women are already strong. It's about changing the way the world perceives that strength".

Males at the same time will have to realise that they have to give up chauvinism and empower women and witness how every woman flourishes in her desired

field.

Women empowerment in India can not be compared with that in other countries. In Vedic days, women were called Sahadharmini, which means equal partner and even then there was strong focus on women's education and women enjoyed respect and reverence. But over a period of time, things changed and women lost reverence. But, now we are back on track and women are on the path of recovering their lost respect.

8th. Of March is celebrated as international women's day and I wish every woman a very happy women's day.

This issue would not have been possible without the help of Sushanta, Dr. B. K. Manocha Dr. George Paulose, Dr. Juni Menon, Dr. Smita Mahajan, Dr. Rohini Patil, Dr. Anugyya Mimansa, Dr. Jayati Sengupta, Dr. Vijaya Hiwale Gedam, Dr. Drashty Satodia, Dr. Lalitha Jambunathan, Dr. Sandhya Patil Bhadane, Dr. Preeti Sonje, Dr. Sekhar Sharma, Dr. Ganesh Marulkar, Dr. Jishan Alam, Dr. Praveen Bhatia, Dr. Hardik Modi, Dr. Ritu Lokhande, and Dr. Saurabh Deshmukh. I am obliged and sincerely thank all of them.



## Music

"No matter how corrupt, greedy, and heartless our government, our corporations, our media, and our religious & charitable institutions may become, the music will still be wonderful."  
— kurt vonnegut, A Man Without a Country

"Music is moonlight in the gloomy night of life." — Jean Paul



### Khamak



The khamak is a tension drum and is widely used in folk music of Bengal, known as Baul Sangeet. This instrument is also known as anandalahari, and gubgubi. It has a skin head pierced by a string, which passes through the wooden drum-shaped body to attach to a small brass handle. The khamak is played by placing the drum body under the arm and plucking the string while pulling on the brass handle, which applies tension to the string and drum head. Variations of tension on the string produce a surprising vocal-like sound. Some khamak have two strings that are played at the same time increasing both the volume and complexity of the sound. Khamak shown here in these photographs was presented to me by a friend and it has two strings.





**Dr. George Paulose**  
MD, FRCP (Glasgow),  
PG Cert Diab,  
Senior Consultant Physician  
& Diabetologist,  
Lisie Hospital, Kochi ,Kerala

Dr. George Paulose is the head Dept of Diabetology in a teaching hospital - Lisie Hospital, Kochi, Kerala. He did his MBBS and MD in General Medicine from Christian Medical college Ludhiana Punjab. He completed his training in Dec 1984.

He has also been conferred the FRCP by Royal College of Physicians and Surgeons Glasgow, Scotland. He has also done specialty training in Diabetology from Johns Hopkins USA and Royal College of Physicians UK. He has been interested in creative writing since his early schooldays has edited several college magazines published pieces in newspapers and magazines India and abroad. Here is a his writing. I am sure your will like it.

### FRAGMENT

#### Dawn

Away in the distant mountains chirped a bird....  
The sun shedding its golden brilliance -casting shadows far and wide,  
In the mahogany cradle the baby blinked – and expressed in feelings – in a wail.  
A stray thorn rubs its rosy ear lobes and leaves its mark of sadism.  
The innocent eyes stare into the void  
-fragrance fills the environment-Morpheus.

Every master stroke of the creator strikes the walls of the somber Cave in the dense jungle  
- and is extinguished-  
And the green alleys turn a dirty brown.  
Caresses-soothe the unknown agonies of an infant-  
“He looks like his father”  
“We will call him Abinash”  
“No not in Keshav Acharya’s place -he is an unholy being’  
In the cosy cradle. the infant shifts -and lifts its soft fragile limbs in meek protest  
And expresses its feelings- in a wail.

#### Mid-morning

-slowly silently the heat gains pace,  
The wind caressing the dormant heart-  
Invokes the first response to warmth-  
And moves on stealthily after the deploration-  
High noon  
“The Mysterious X”, “Osmosis” “The War” and the “West Wind”-  
Falling upon the thorns of life -Heroes. Zeroes.  
Warmth-Plastic bosoms-Synthetic smiles-  
and through the adorned orifices  
“Hello -Good bye” ,Hello Good bye”  
Kings of yester years sacrificing sceptres for love-banished  
“Romeo-Juliet”: Laila Majnu” to “Hello Goodbye”  
Passion -wildfire-seething- blind -engulfing plateaus -ashes, ashes.  
“Whose God” “Live man live” “Tone up your senses”  
“Courtesy?” “Respect?” “That’s not my line!”  
Hash-Transcendence-Zeppelin and You -Bacchus.

And then the heat subsides  
The conquest enshrined upon the glistening masterpieces of architecture  
Lending a celestial brilliance  
-long shadows, a clarion call to the inevitable.  
Burden,-She and my Seed,  
The rigours of existence  
Life -a curse-Sisyphus.

Exhaustion-like generations of slaves tied to the galleys  
Streaks of glory-moments of uncordiality  
Grief-that overflows from the inner wells  
And expresses itself in drops of tears  
God? God.” God !”

#### Dusk

Slowly the horizon shrinks  
bisected by the fir trees a glorious profusion of scarlet pink and gold  
The sea is tumultuous-transaction of colours  
-into a psychedelic blaze.  
Slowly silently the gold is conquered-  
Scarlet prevails  
Sounding trumpets of darkness,  
Abinash watches the fire ball sink down into eternity  
-a moment to repose  
-down the lanes of memory  
-of follies, of fancies, of procurements  
-essence of the worth of one’s life.

#### Chronos

“Stand back! ”  
-stop the vanishing fireball that kindled life into my being”  
But Chronos is deaf-  
Abinash forgets- in the panic,  
“Lend me a second”- “I’ll change myself” I” ll change the world”  
The red sun disappears-with a wicked glint;

Chronos is deaf-  
The fir trees-fading outlines-bear witness to the Rebuke  
-the final Lesson  
-Darkness.



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.

### TEMPORARY AND PERMANENT

We want everything

Durable  
Permanent  
Comfortable  
Persistent  
Portable  
Reliable

In our life  
Which actually is

Short lived  
Perishable  
Spartan  
Temporary  
Immovable  
Uncertain

What a paradox!!!!

### INCOMPLETE DREAMS

Incomplete dreams  
Keep desire burning  
Your mind thinking  
Your body pacing

They are  
Energy giving  
Highly stimulating  
Quite life affirming

They prevent you  
From incapacitating  
Negative thinking  
Early retiring  
Easily surrendering

In short  
Incomplete dreams  
Always keep your track  
And never let you slack

### BEAUTIFUL MIND

Beauty of the body  
Gradually withers  
Beauty of your mind  
Is what matters

Your mind is a garden  
Your thoughts are seeds  
You wanna grow flowers  
Or settle for weeds

If the whole world was blind  
How many could you impress  
Its not about good looks  
Much needed is goodness

So keep watering your mind  
Allow the soul to grow  
A rich harvest you reap  
If healthy seeds you sow

### FRIENDS

For you they are  
Totally affirmative  
No negative

Never expectant  
Always resultant

Always compulsive  
Mostly impulsive  
Never optional  
Always promotional

Never imitative  
Always original  
Mostly imaginative  
Extremely creative

Full with mischief  
Sense of relief  
Quantum of humour  
Meaningful satire

Full with authority  
Utmost sincerity  
Law of gravity  
With a touch of insanity

In short  
The best GPS  
The fastest search engine  
Guiding for free  
In every thick and thin





Dr. Anugya Mimansa  
MBBS, MD  
Radiologist  
Darbhanga, Bihar.

Dr. Anugya Mimansa is also a fellow Radiologist. She did her MBBS from Bharati Vidyapeeth, Sangli, Maharashtra in the year 2014 and MD Radiodiagnosis from KMC, Katihar, Bihar in 2020. She has been writing poems since childhood and it is her source of strength. Here are some of her poems.

ये कैसी तेरी दुनिया रब  
कैसा ये तेरा इंसाफ है,  
यहाँ न कोई दिल से सच्चा  
ना ही मन का साफ है

जहाँ देखो वहाँ बस  
बुराई का बोलबाला है,  
ये मानव ने मानवता का  
जाने क्या कर डाला है

तेरे होते हुए भी कैसे  
बुराई की होती जीत है,  
अंधेरे से आज उजाला  
कैसे इतना भयभीत है

माना परीक्षा के क्षण  
होते हैं सबके जीवन में,  
पर अब राम के कुछ वर्ष नहीं  
उम्र कटती है वन में

नेक विचार और सद्व्यवहार  
आज जिनके पास है,  
कम होती तादाद उनकी  
देख के मन उदास है

पूर्व जन्म या अगला जन्म  
ये सब किसने देखा है,  
फिर उसके कर्म से कैसे  
बदलती भाग्य की रेखा है

तेरी मर्जी के बिन कहते  
पता भी न हिल पाता है,  
फिर दोषी को कैसे  
दोषमुक्त जीवन मिल जाता है

इतनी सुन्दर सृष्टि में कैसे  
पुण्य से ज्यादा पाप है,  
ये कैसी तेरी दुनिया रब  
कैसा ये तेरा इंसाफ है।

कौन है वो जो न होकर भी हर जगह है  
जो रह रहकर अपना एहसास कराता रहता है,  
कौन है वो जिसके अस्तित्व की हर वजह है  
जो कभी खुशी तो कभी ग़म दे सताता रहता है ।

कौन है वो जिसके हाथों में हम सबकी डोर है  
जिन्हें घुमा वो करता रहता है हमें मजबूर,  
कौन है वो जिसका न कोई ओर-छोर है  
पर कोई भी है वो है तो कहीं न कहीं जरूर।

समझ नहीं आता क्या कहूँ उसे मैं क्या नाम दूँ  
रौशनी और अंधेरे दोनों का करता है आगाज़ वही,  
शिकवा करूँ उससे या उसे ये पैगाम दूँ  
गर आप हैं कहीं तो दें कम से कम आवाज़ कभी ।

जिन्दगी तो मिली पर जीने अकेले छोड़ देते हो  
शिकायतें इतनी हैं कौन कौन सी करूँ आपसे,  
उस पर से मंजिल की राहें टेढ़ी-मेंढ़ी मोड़ देते हो  
पता नहीं शक्ति का स्त्रोत मानूँ या डरूँ आपसे ।

बात तो सच है कि उसके बारे में समझ अधूरी है  
जितना हम समझेंगे गुत्थी अनसुलझी रहेगी,  
आखिर उसके और हमारे बीच इतनी दूरी है  
पर वो डोर न घुमाए तो डोरें हमेशा उलझी रहेंगी ।



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.

### A STUDENT'S STORY

The day I cleared my PMT,  
The whole world opened up  
before me,  
an 18-year-old full of  
dreams and apprehensions, I  
entered our college Pt  
J.N.M.M.C.

1st day of our college, and I  
was above the world,  
the introductory lecture of  
Mehrotra Sir and I was total-  
ly floored!

Aiming high, with hopes  
soaring,  
My golden dreams were fi-  
nally unfolding!

Slowly and steadily,  
the reality dawned,  
& my floating self and feet  
started touching ground!

First day of DH, was straight  
out of horror film,  
The sight and smell of the  
body was enough to repulse  
me.

As the days passed, I started  
to feel at home,  
Coming to term with the  
tough life,  
I started to take them head  
on.

The practical's with frogs  
jumping all over the lab,  
To, sitting with the skeleton  
in the middle of the night,  
Everything was so new and  
exciting,  
that it was difficult to keep a  
tab!

The clinics started, and this  
ignited the flame,  
of a lifelong passion of car-  
ing for patients,  
They unleashed emotions  
which were difficult to tame.

The ward leavings were  
scary, and so were the ex-  
ams,  
Oh! How I hated my life dur-  
ing those exams!!  
The whole world except for  
me appeared to be in bliss,  
Even a sleeping dog and a  
cat were enough, to incite en-  
vy in me.

Little did I know that, these  
were the golden moments of  
my life  
Which would never ever  
come back  
In my future times.

The five years which I have  
spent in the college,  
have been the best in my life,  
It gave me a strong founda-  
tion & friends, who have  
stood the test of time.

Each one of our teachers, has  
contributed towards making  
a whole of me,  
I owe my teachers and col-  
lege,  
The knowledge, the success  
and the adulations which  
have found me.

Many students have passed  
from our college, and many  
more will pass.  
With each passing batch,  
The college will set stand-  
ards,  
which will be difficult to  
match!

With the blessings of  
God, and in the hands of  
able and dedicated teachers  
and doctors, may our college  
flourish, & attain a new height  
and prosper.





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 music. I am sure you will love her art.







Dr. Jayati Sengupta  
MBBS, MD.  
Consultant Paediatrician







**Dr Drashty Satodia**  
MD Radiodiagnosis  
Consultant Radiologist  
DDRC SRL Diagnostic  
Centre, Trivandrum, Kerala

Dr Drashty Satodia is a fellow Radiologist. She completed her MBBS from B J Medical College, Ahmedabad and her post graduation from NHL MMC, Ahmedabad, Gujarat.

She is from Gujarat, currently living and working in Trivandrum, Kerala. Painting is her hobby since childhood. But as happens with most of the doctors, she could not get enough time during her studies and residency days. After residency she started painting again. Initially, she was doing mostly acrylic painting. Around a year back, she found watercolor much more relaxing and continued doing both. Another interesting art type is acrylic pouring, and she has done few pieces of acrylic pouring also. Here are some of her water colour paintings. I am sure you will love it.







**Dr Drashty Satodia**  
**MD Radiodiagnosis**  
**Consultant Radiologist**  
**DDRCSRL Diagnostic**

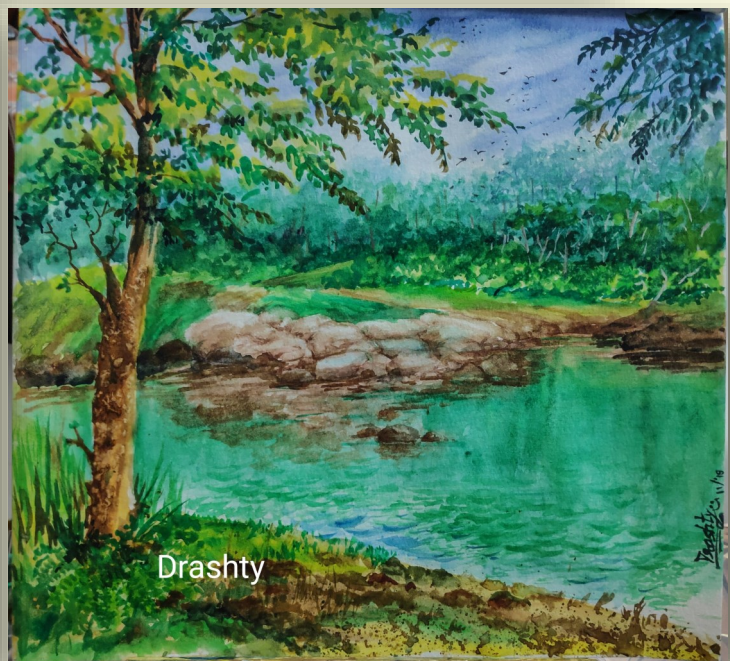


drashty





**Dr Drashty Satodia**  
**MD Radiodiagnosis**  
**Consultant Radiologist**  
**DDRCSRL Diagnostic**  
**Centre, Trivandrum, Kerala**



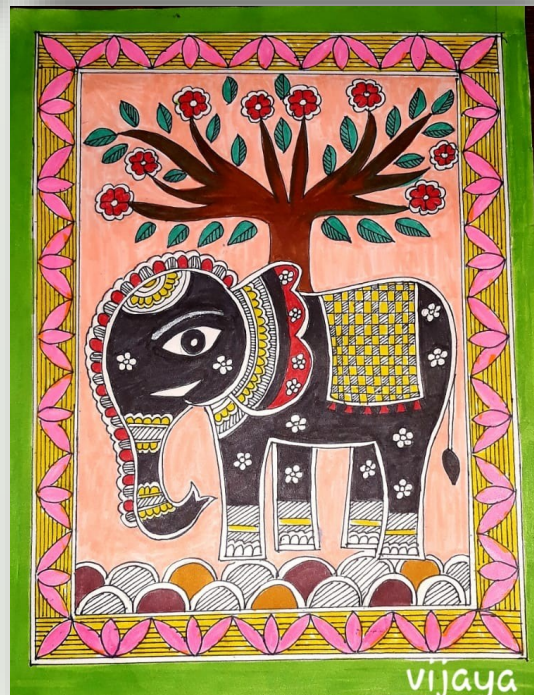
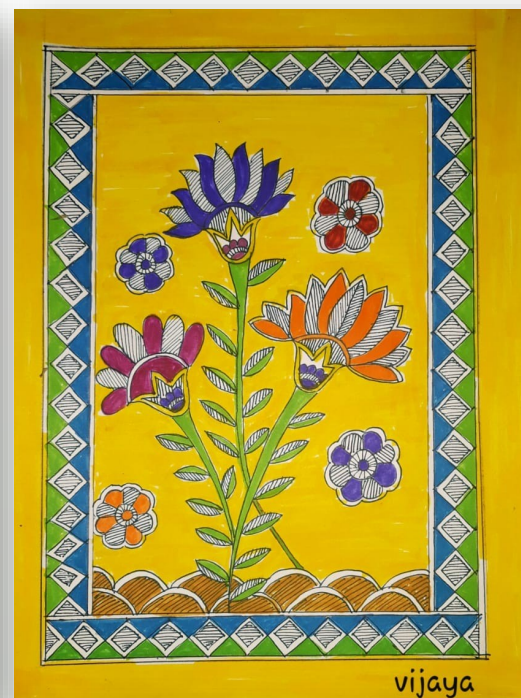




Dr. Vijaya Hiwale-Gedam  
MBBS, DGO,  
Pune  
Maharashtra, India.

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. Here are some of her Madhubani painitngs.



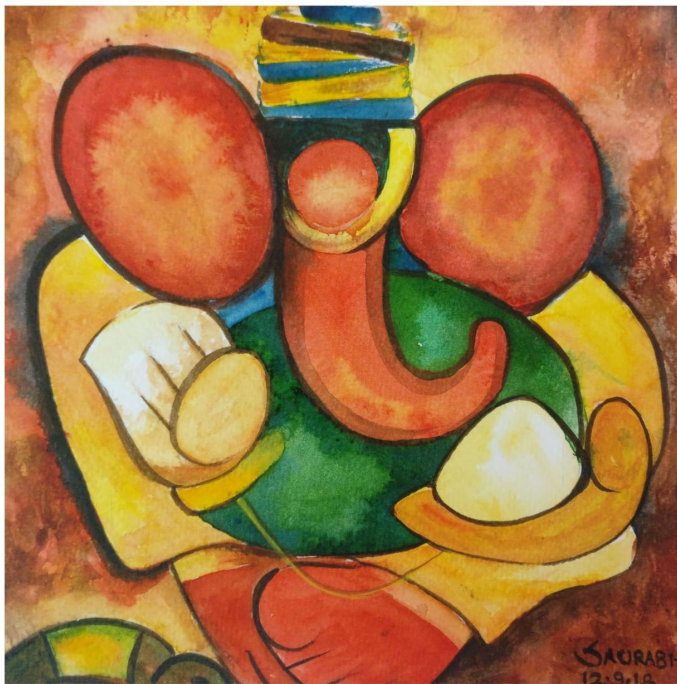




**Dr. Saurabh Sharad Deshmukh,**  
**MBBS, MS**  
 Consultant Ophthalmologist  
 Kothara community hospital  
 Paratwada, Amravati,  
 Maharashtra.

Dr Saurabh Sharad Deshmukh is an ophthalmologist by profession. He did his MS (Ophthalmology) from MGIMS, Sewagram and passed out in 2013. Presently working as a senior consultant ophthalmologist and surgeon, at Kothara community hospital in Paratwada, district Amravati, Maharashtra State. He used to do pencil sketching initially, most of them done during his MBBS days. And then there was a long break. Three years back, just experimented with watercolours, watching a YouTube tutorial and that turned out to be reasonably good for a first timer. He is a self taught, hobby artist, rather watercolorist.

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







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







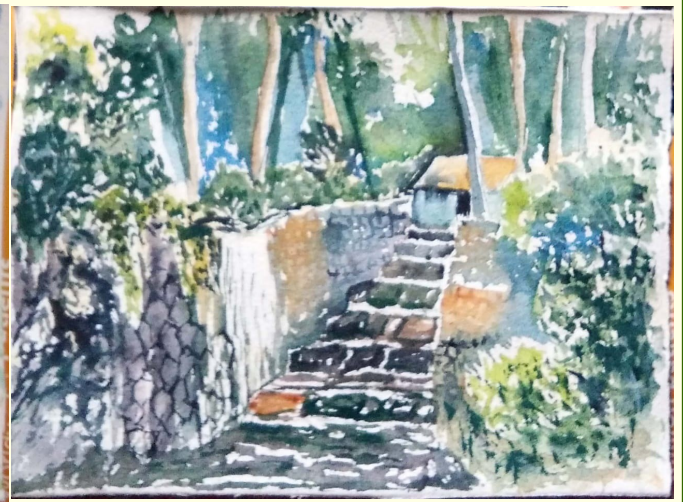
Dr Lalitha Jambunathan  
MBBS,  
Srirangam, Trichy, Tamil  
Nadu

Dr Lalitha Jambunathan graduated from VSS Medical college, Burla, Sambalpur, Orissa. She got married to a Surgeon and now settled in Trichy. She is having a nursing home for nearly four decades. She has always loved to paint and used to doodle even during her college days.

A hectic life with a joint family, caring for her relatives, overworked in her private practice, rearing up her sons; gave her no time for anything else. After her younger son joined Medicine, she felt utterly lonely and miserable. It was during this time that she picked up her felt pens. Her artist sister was so impressed by her doodling and she sent her Watercolor papers brushes and paints. So then started her journey in watercolors.

Her first love is her profession, and this new found love for painting is her next. She thinks that she could have gone insane had she not started this journey. She has started it only a couple of years ago and she is loving it and now there is no going back. She wishes to continue art as long as possible as it gives her solace and peace of mind. Remembering the saying... Art is long and time is fleeting.!

Here is her art. I am sure you will all like her work.







Dr Lalitha Jambunathan  
MBBS,  
Srirangam, Trichy, Tamil  
Nadu

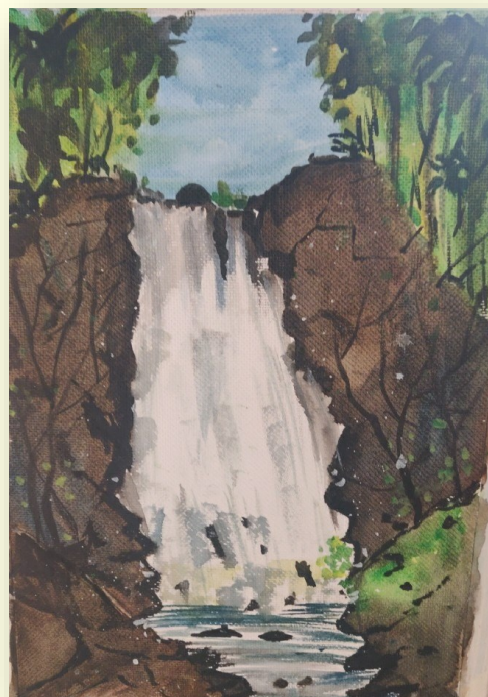






**Dr. Sandhya Patil Bhadane.**  
**MBBS, DMRD**  
Consultant Radiologist  
Bhadane X-ray And Sonogra-  
phy Clinic,  
Pune, Maharashtra.

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.

**Art**







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

## Art







**Dr Preeti Sonje**  
**MBBS, MD**  
**Professor Anatomy**  
**Dr D Y Patil Medical**  
**College Pune**

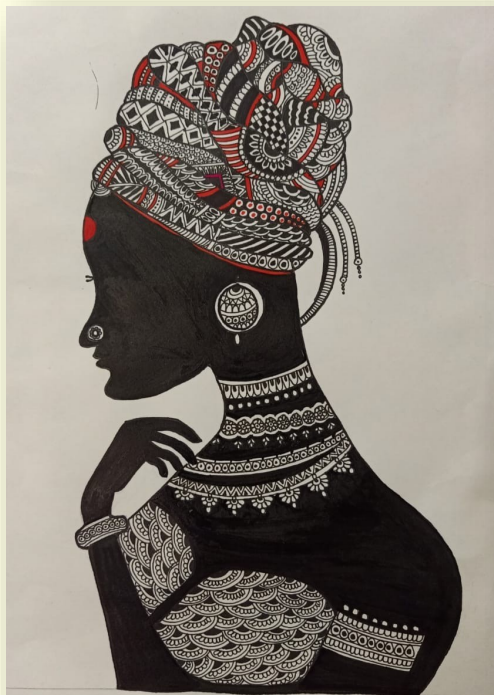
Dr Preeti Sonje is Professor of Anatomy at Dr D Y Patil medical College, Pune. Painting is her hobby. She likes to do paintings with acrylic and water colours. She loves scenery paintings, miniature drawing and mandala art. Here are some of her paintings. I am sure you will love them.







**Dr Preeti Sonje**  
**MBBS, MD**  
**Professor Anatomy**  
**Dr D Y Patil Medical**  
**College Pune**







**Dr Preeti Sonje**  
**MBBS, MD**  
**Professor Anatomy**  
**Dr D Y Patil Medical**  
**College Pune**

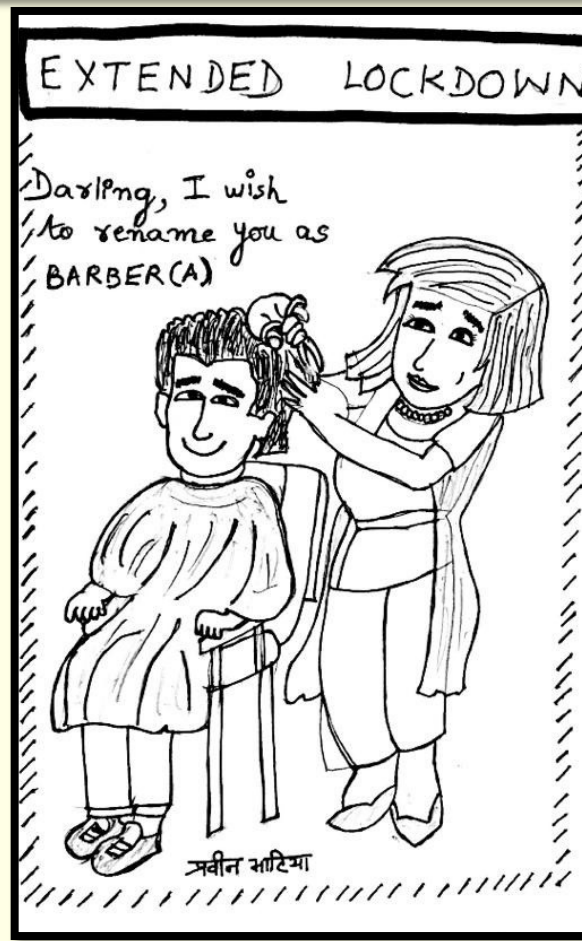
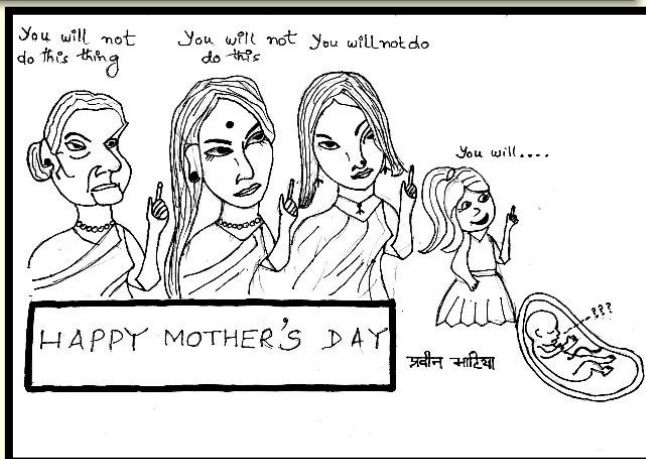
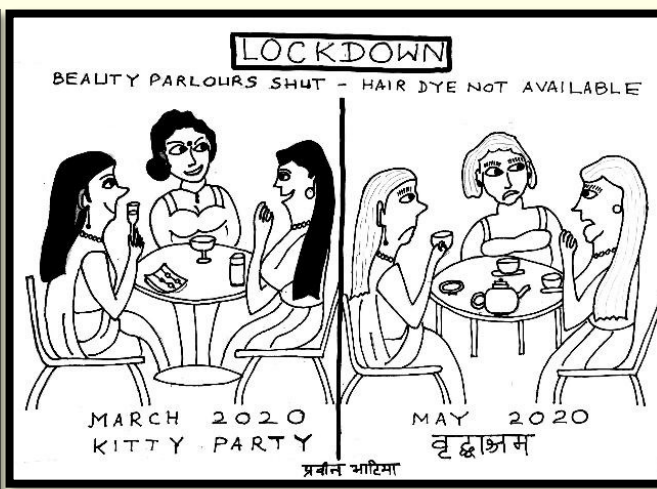






Dr. Praveen Bhatia,  
MBBS, MD  
Consultant Radiologist

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.

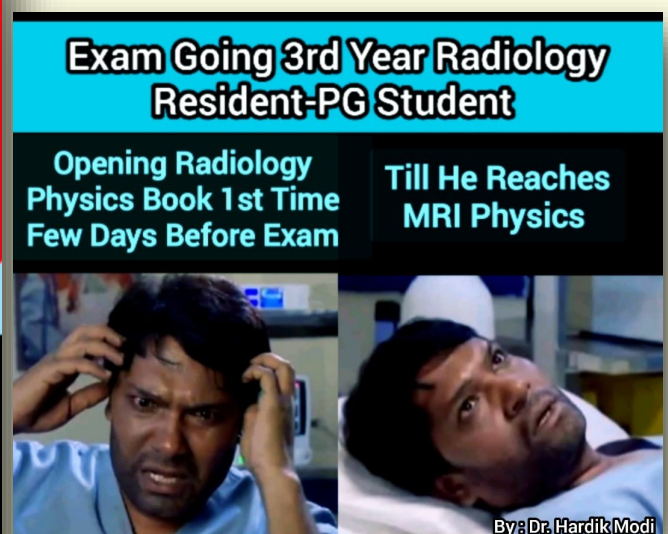
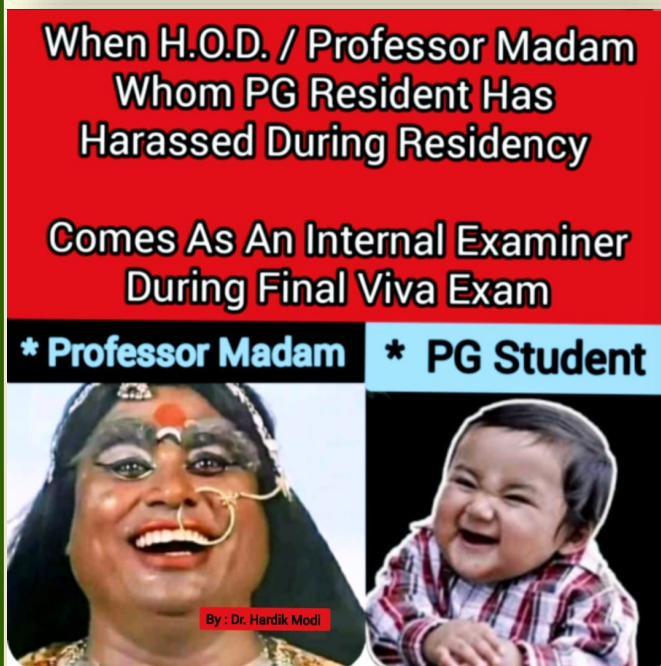






**Dr. Hardik Modi,**  
**MBBS. MD**  
**Consultant Radiologist**

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

## Radiology Book Authors After Hearing My Answers During Final Viva Exam

By : Dr. Hardik Modi

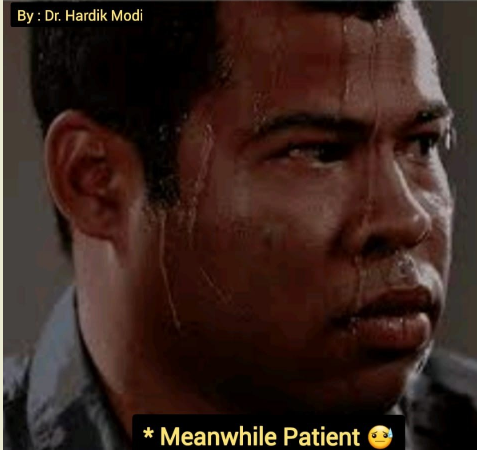


बस कर भाई ....!!!! 😞

While Pleural Tapping  
When Radiologist Gives Instruction  
To Patient :

"हिलना मत वरना सुई फेफड़े में घूस जाएगी .."

By : Dr. Hardik Modi



\* Meanwhile Patient 😓

After Giving All Wrong Answers In Viva ..



अब कम से कम इतना ही बता दो  
Lungs में कितने Fissures होते है?

\* Student

सर, Fissures तो Anus में होते है..!!!

By : Dr. Hardik Modi



\* Internal Examiner

कल सुबह से वापिस मिलते हैं Department मैं...

## When Female Radiology Resident Enters Orthopedic Department



By : Dr. Hardik Modi

अल्लाह बचाए मेरी जान, रज़िया गुंडों में फंस गई.. 😂😂😂😂😂



## Culinary Arts

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

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

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

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

Dr. Ritu Lokhande

### Culinary Arts - Recipe - Chapter II - Bread Pakoda - 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.

### Bread Pakoda

**Easy and Quick Indian Snacks Recipe made up of bread, potatoes, onions, gram, flour, spices. It is a very popular street food in Mumbai. These are basically potato stuffed bread fritters served with green chutney and tamarind chutney.**

#### **Ingredients- For stuffing**

1. 6 slices bread
2. oil as needed for deep frying
3. 3medium sized boiled and peeled potatoes
4. ½ finely chopped onion
5. ¼ cup green peas (optional)
6. 1 pinch asafoetida (Hing)
7. 2 green chilies chopped
8. 1 teaspoon ginger paste
9. 3 tablespoon coriander leaves finely chopped
10. ½ teaspoon red chili powder
11. ½ teaspoon garam masala
12. ⅛ teaspoon turmeric
13. ½ teaspoon salt (adjust to taste)

#### **For batter**

1. ¾ cup gram flour (besan)
2. 2 to 3 tablespoons rice flour
3. ½ teaspoon red chili powder
4. ⅛ teaspoon turmeric
5. ½ teaspoon salt (adjust to taste)
6. ½ to ¾ teaspoon carom seeds
7. Water as required to make batter. (batter consistency as that of fritters /pakoda)





**Dr. Ritu Lokhande**  
Radiologist  
Pune.

## Culinary Arts



### Steps for making stuffing.

1. Steam or boil potatoes just until done without making them mushy Mash the potatoes well.
2. Heat one teaspoon oil and sauté onion till they are translucent, then add ginger garlic paste, green chillies until it leaves its aroma.
3. Turn off the gas stove.
4. Add red chili powder, garam masala and turmeric. Mix well.
5. Mix well and add half teaspoon salt and coriander leaves. Taste test and add more salt if needed.



6. Cut bread slices into half as triangles as shown in pic.
7. Apply green chutney and tamarind chutney on either side of bread, this is Optional step but tastes awesome if bread is smeared with them.
8. Place the potato stuffing in between breads one on another.



## Culinary Arts - Recipe - Chapter I - Bread Pakoda - Dr. Ritu Lokhande



**Dr. Ritu Lokhande**  
Radiologist  
Pune.

## Culinary Arts

9. Heat oil in a deep pan for deep frying.

10. While the oil heats prepare the batter. In another bowl, mix besan, ajwain, red chili powder, salt, rice flour and turmeric.

11. Pour water just enough to make the batter that is neither too thick nor too thin. It must be like the onion pakoda

12. Check if the oil is hot by dropping a little amount of batter in the oil. The batter needs to rise without browning that is the appropriate temperature for bread pakoras to fry.

13. Place each sandwiched bread in the batter and gently coat it with the batter on both the sides.



14. Wipe off the excess batter and Gently slide this to the hot oil and let it remain as it is for a while

15. Fry bread pakora on a medium heat until golden on one side. Then turn them to the other side and fry till both the sides turn crisp and golden.

16. Serve bread pakora hot or warm with green chutney and tamarind chutney for that tangy flavour.



This is flavour-some quick snack enjoy with a hot cup of tea.

**NUTRITION** (approximate estimation taken from net) **Calories:** 495kcal | **Carbohydrates:** 66g | **Protein:** 16g | **Fat:** 18g | **Saturated Fat:** 1g | **Sodium:** 1030mg | **Potassium:** 886mg | **Fibre:** 10g | **Sugar:** 7g | **Vitamin A:** 400IU | **Vitamin C:** 39.1mg | **Calcium:** 145mg | **Iron:** 8mg





Dr. Shekhar Sharma  
MBBS, DMRD  
Radiologist,  
Ranchi Jharkhand.

Dr. Shekhar Sharma is also a fellow Radiologist working as consultant Radiologist in Sankalp Diagnostic at Raj hospital, Ranchi since last 15 years. He has his own private Ultrasonography centre also since last 10 years. He has done MBBS from MGM medical college, Jamshedpur (2001) & Post graduation from RIMS Ranchi (2005). He developed this hobby of bird photography five years back & he thoroughly enjoys this and feels close to nature. He especially loves photographing bird in flight. Here are few of his photographs. I am sure you will like it.



**Bar headed goose**



**Black napped Ibis eating snake**



**Black shoulder kite**



**Common Kestrel**





Dr. Shekhar Sharma  
MBBS, DMRD  
Radiologist,  
Ranchi Jharkhand.



**Egret**



**Great cormorant with nesting material**

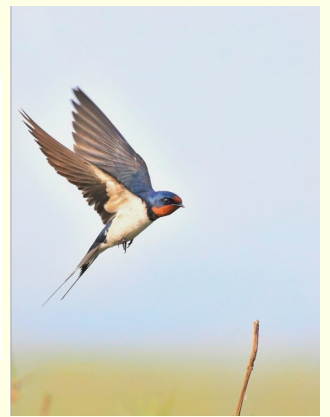


**Grated crested Greebe with fish catch**





Dr. Shekhar Sharma  
MBBS, DMRD  
Radiologist,  
Ranchi Jharkhand.



**Openbill**



**Little Egret**



**Purple moorhen or Grey headed swampphen**





Dr. Ganesh Marulkar  
MBBS, DMRD  
Radiologist,  
Shubham Diagnostic  
Centre,  
Satara, Maharashtra.

Dr. Ganesh Marulkar is also a fellow Radiologist. He did his MBBS from Krishna institute of Medical sciences, Karad, Maharashtra and DMRD from VM Medical College, Solapur, Maharashtra. Recently he developed interest in macrophotography in Covid year and now he believes that it's a precious tiny world without which human life is impossible. Here are some of his macrophotographs taken on Samsung S8+ mobile with Skyvik 25mm detachable mobile lens. I am sure you will like them.



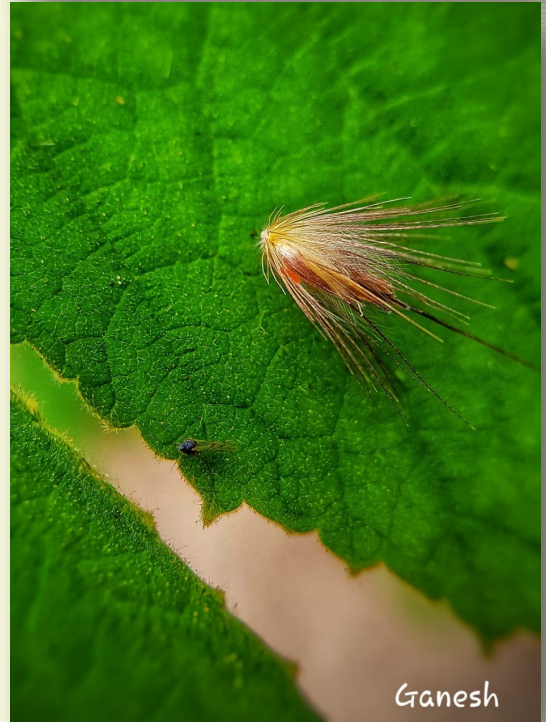
Ganesh



Ganesh

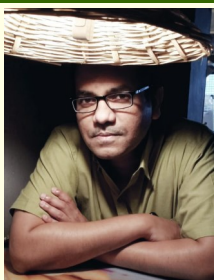


Ganesh

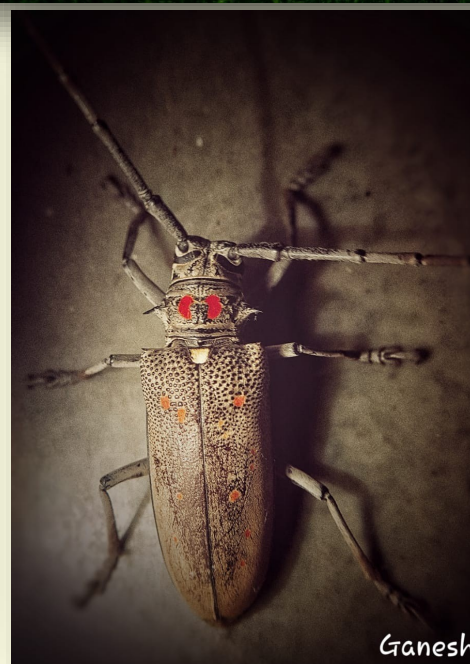


Ganesh





Dr. Ganesh Marulkar  
MBSS, DMRD  
Radiologist,  
Shubham Diagnostic  
Centre,  
Satara, Maharashtra.







Dr. Ganesh Marulkar  
MBSS, DMRD  
Radiologist,  
Shubham Diagnostic  
Centre,  
Satara, Maharashtra.







Dr. Sk. Jishan S. Alam  
Radiology Resident  
NRS Medical College,  
Kolkata

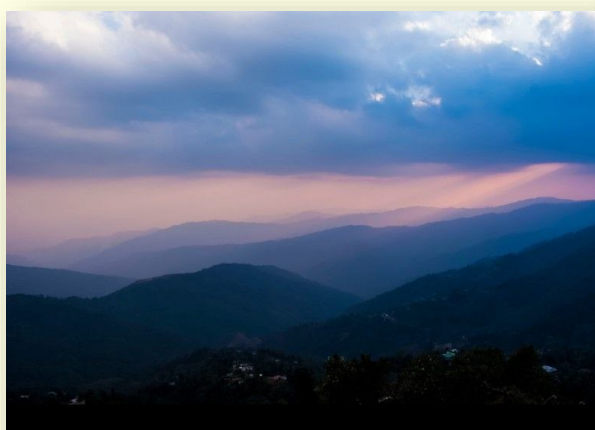
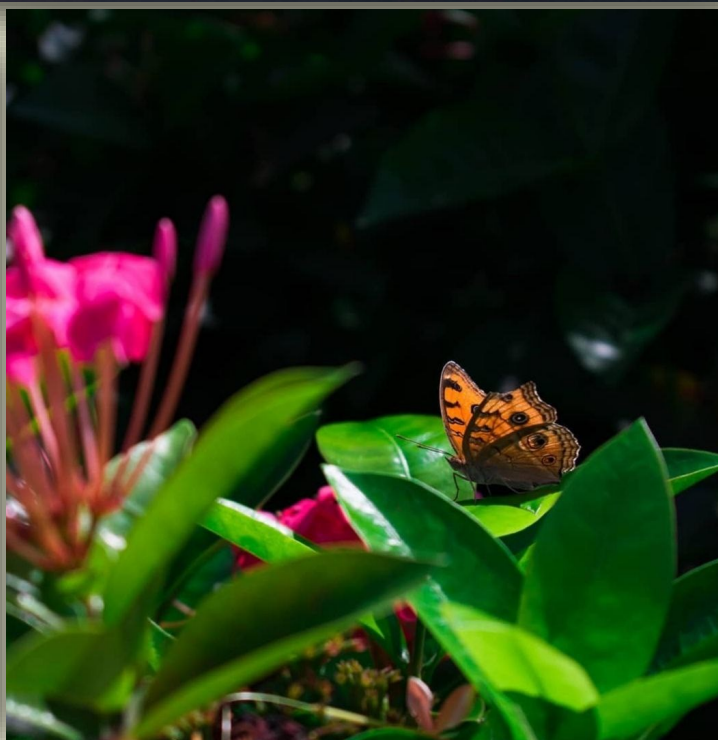
Dr. Sk. Jishan Shine Alam is a Radiologist in making. He is 2nd Yr. Resident at NRS Medical College, Kolkata. He had done his MBBS from Medical College, Kolkata. He plays guitar and is interested in drawing and reading books also. Besides that, he loves photography. Here are some of his photographs taken on Nikon D3400 and mobile phone. I am sure you will love them.







Dr. Sk. Jishan S. Alam  
Radiology Resident  
NRS Medical College,  
Kolkata







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 enthrall you.







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

## Calcutta Canvas

**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.

Basically, he specialises in sketching. But he is a good street photographer also and here are some of his photographs on streets of Calcutta, which depict different facets of life in this enigmatic city. I am sure you will love them.

## Calcutta Canvas - Kolkata Street Photographs



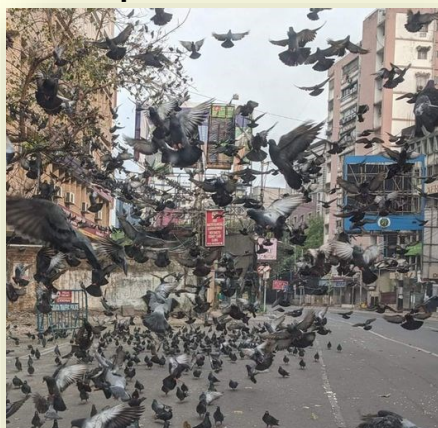
**Day  
dreaming**



**The newspaper man with his  
improved mask!!!**



**Height of Jugaad.  
MERA DESH MAHAAN !!**



**These thousands of pigeons were  
clicked on the posh park street early  
morning during my rounds to Neotia  
Hospital from the car. Zoom and you  
will see the birds in different stages of  
flight.**



## Calcutta Canvas - Kolkata Street Photographs



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

## Calcutta Canvas



**Open air salon !!!**  
This luxury is ubiquitous in  
India



**Perched on a tree to make his  
two ends meet.**



**Flower seller at Lake Kali Bari!!**



**United colours of Vegetables !!!!!**



**Talking Shop!!!!**





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

## Calcutta Canvas

### Calcutta Canvas - Kolkata Street Photographs



**Winter woes!!**



**Life is tough!!!!**



**KMC provided swanky uniform during this pandemic but should have provided better**



**Road side Habib**



**Siesta!!!**



**Does cruelty to animals' organisation not include birds in their list?**



Calcutta Canvas - Kolkata Street Photographs



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

**Calcutta Canvas**



**God at your window !!!**



**Power nap!!!**



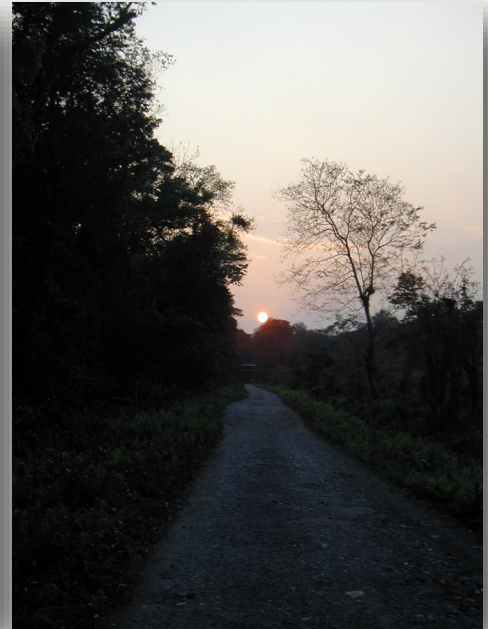
**Staring to a blank future  
hard hit by the pandemic.**



**They do not need lesson about the importance of breast feeding.**







## **Next issue in April 2021**

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

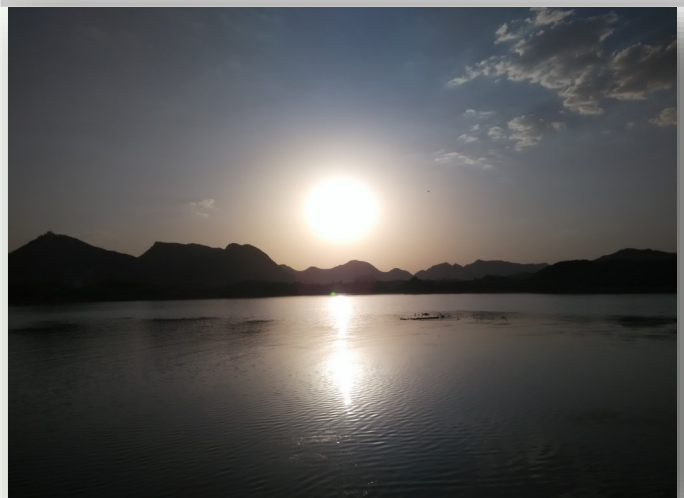
**[viralparekh@outlook.com](mailto:viralparekh@outlook.com).**

**I have completed my 2 shots of vaccine. Have you? So friends, get yourself vaccinated and be safe.**

**So long. Viral Parekh**



## **Reflections**



**Photography - Viral Parekh**