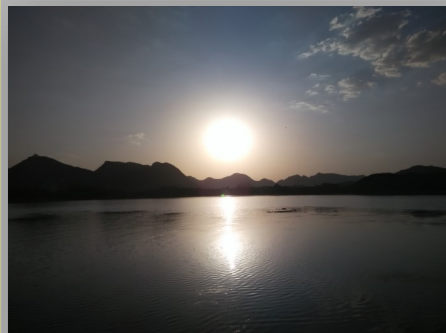


"The beauty you see in me is a reflection of you." ~ Vanna Bonta



Reflections

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Volume II, Issue IV

April 2021

Radiologist's Musings - Viral Parekh

Hi!, Namaste,

It gives me immense satisfaction to bring out thirteenth issue of Reflections.

In India, the first day of complete lockdown was on March 22, 2020, Sunday. Sitting idle on this day at my home, this idea of making a newsletter displaying the artistic talents of doctors, sprung to me. I immediately put it into action and requested two of my classmates, Kanchan and Satyam as well as my brother, Apurva and dear friends Raghu & Sanjeev to contribute their artwork and photographs for the first issue. The whole idea was to keep myself occupied, but what started as time pass has become a passion for me and it gives me immense pleasure to publish a new issue on first of every month. It is exactly a year since it started and this journey has been wonderful. I came into contact with so many doctor colleagues all over the world and it is so satisfying to discuss art, photography and music with them. I am really thankful to each and everyone of them for making "Reflections" rich in its content.

I used to bring out a school magazine also when I was in class VII to X. So, publishing is not new to me and somehow I find pleas-

ure in collaborating with people and publish their talents.

A few people pass it off as compiling everyone's artwork but it is not only compiling and it requires lot of effort to collaborate with so many people and persuade them to send their work in time and then make a draft of the magazine and then send it over once again to every contributor to check whether their work has properly been published. Then after getting feedback from them, there is process of rectifying all the deficient areas and then publish final copy. Then send post it on various social media platforms and send PDF copies personally to lot of people. The magazine now reaches around seven thousand people. Though it takes lot of effort but it is worth it and it keeps me away from negativities.

In this issue Doctors from all over India and United Kingdom have contributed their art and literature.

The pandemic is still in full force and there is a second wave in India. This pandemic has changed the outlook of people towards life and people have realised that how untrustworthy life is and it is better to make

life meaningful than a routine affair.

Eleanor Roosevelt had said that "If life were predictable, it would cease to be life, and be without flavor." Yes, life is unpredictable and only thing sure about life is death.

Dr. Botchu and Dr. Panakacherla have tried to describe life from their point of view in this magazine in literature section.

Everyone since centuries is trying to find out meaning of life. To me, as said in Bhagavat Gita, Life is Reflection of your deeds - Karma.

And here is yet another issue of Reflections.

This issue would not have been possible without the help of Dr. B. K. Manocha, Kanchan, Sushanta, Dr. Rajesh Botchu, Dr. Nagu Penakacherla, Dr. Juni Menon, Dr. Rohini Patil, Dr. Tushar Somwanshi, Dr. Anushka Baghel, Dr. Drashty Satoida, Dr. Ashmita Phase, Dr. Sanjeev Handique, Anushka Bhadane, Dr. Sonal Gupta, Dr. Ritu Gupta, Dr. Palash Jyoti Das, Dr. Praveen Bhatia, Dr. Hardik Modi, Dr. Sonal Kulkarni, Dr. Anup Sadhu, Dr. Deepak Hiwale, Dr. Smita Burute, and Dr. Ritu Lokhande. I am obliged and sincerely thank all of them.



Music



A kazoo is a musical instrument, which looks like a tube and its both ends are open. It is a membranophone.

One end of the tube is flattened, while the other end of the tube has a small circular opening.

Around two thirds down the instrument there is another circular hole. This hole leads to a small chamber, where a wax-membrane is situated.

The membrane, which is fixed around the edges by a circular cylinder-ring, is free to oscillate.

A kazoo may be made out of wood, plastic or metal and can have all sorts of various shapes.

The flat end of the instrument is placed in the mouth and the player should hum into it, rather than blowing. The air pressure created by humming makes the membrane vibrate and produces a buzzing sound.

The kazoo is one of the easiest melodic instruments to play, requiring only the ability to vocalize in tune. If you are interested in playing some musical instrument but very lazy to put an earnest effort than Kazoo is the instrument for you.

I sometimes hum a song in kazoo while playing guitar and believe it makes a great combination.

So, happy kazooing.



Dr Rajesh Botchu
Department of Mus-
culoskeletal Radiolo-
gy,
The Royal Orthope-
dic Hospital,
Bristol Road South
Northfield, Birming-
ham, UK
Email – drbra-
jesh@yahoo.com

Literature

Dr Rajesh Botchu did his MBBS and MS (Ortho) from Kurnool Medical College. Then did MRCSEd (Edinburgh) and MRCSI (Ireland) and then did his Radiology training from Leicester. He did MSK subspeciality training from Leicester, ROH Birmingham, NOC, Oxford and CIM Geneva. His hobbies are painting (acrylic), writing poems, listening to old Bollywood music and cooking (especially chicken biryani , chicken curry and prawn curry)

LIFE

Jointly written by Dr. Rajesh Botchu and Dr Nagu Penakacherla

Life is a road
A long tipsy topsy
Bumpy curvy interesting
Humpy bumpy
Hot sunny cold clammy
Springy snowy windy
Rejuvenating inspiring
Dampening depressing
Mixture of feeling
Mixture of sceneries
Mixture of challenges
Challenges that inspire
Challenges that motivate
Motivate one to succeed
Motivate one to achieve
Achieve what they wish
Achieve what they want
Achieve what they like

Road can be lonely
Lonely to start
Lonely when born
But soon develop
acquaintances
Develop bonds
Develop friends
People that support
People that encourage
That motivate that inspire
Motivate to achieve
Achieve ones goals

But there is always a but
But don't forget the foes
Times and people
Situations and
circumstances
That challenges the pro-
gress
Progress to destination
Attitude is the key
The key to success
Positive attitude
Positive mentality
Looking at positives in
everyone
Positives in circumstances
In conditions and in peo-
ple
Like the cyclone that
blows
That blows away houses
Blows away trees,
Blows away crops
Blows away buildings
For new generation
New crops new trees
New houses new things
Time always moves on
Circumstances change
Conditions change
Change always for the
better
For the better world
Better world better life



Dr Nagu Penakacherla
 MBBS, MEd(USA), DNB
 GPVTS ST1
 The Royal Orthopaedic
 Hospital
 Birmingham
 United Kingdom

Literature

Dr. Nagu Penakacherla
 Is GP trainee in South
 Birmingham Training
 programme and cur-
 rently rotating in Roy-
 al orthopaedic hospital
 as part of his GP train-
 ee rotation.

He has done MEd
 (University of Cincin-
 nati) in Health promo-
 tion an education and
 DNB in family medi-
 cine at Fortis Hospital
 Bangalore. He is
 MBBS from Kurnool
 Medical College, Kur-
 nool, Andhra Pradesh.

LIFE IS A SEE SAW

Jointly written by Dr. Rajesh Botchu and Dr Nagu Penakacherla

Sun shining through the clouds
 Rays piercing casting shadows over trees
 On a warm sunny day
 Bright and lively day
 On a green park
 Big children's park
 Kids and parents walking
 Kids and parents playing
 Kids and parents talking
 Having fun enjoying every moment
 Treasuring and cherishing every moment

Several children congregating
 Several children playing
 Seen going up and down, Seen going down and up
 Kids having fun, enjoying, Laughing and talking
 It's a see saw, lovely see saw
 One after the other, Kids taking their turn

Life is a see saw too,
 Like a yo yo
 Life a hilly road, Ups and downs
 Low and highs, Success and failure
 Disappointment and achievements
 Happiness and sad
 Positive and negative
 Like a car manoeuvring
 Like a man running, Like a cyclist cycling
 Life goes on , Life moves on
 Doesn't stop , Doesn't cease
 Attitude and determination
 positive attitude and strong determination
 support of friends , support of people around you
 support of family, support of yourself
 one achieves, one reaches
 one gets to , one arrives
 at the final destination.



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

Literature

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.

RAINDROPS

You heat up and
Expand
And blow up so high

Go foggy or misty
And cool by and by

Then slowly cool down
And
Encompass the whole sky

And with a touch of coolness
You toss down every drop
Without letting out a sigh

BEING CASUAL

For once; let's be casual
Just for today non punctual

Even while working ;non effectual
No pressurised thinking;
little unusual
Am sure all this is ;unbelievable
But surely not; unimaginable

Its human who try to be;
supernatural
But HE actually wants us to stay; absolutely normal

This thought would initially;
seem in factual
Remember the process is steady and gradual

To initiate one working day per month
you circle
Slowly but surely making this
habitual
Ultimate goal is far this is just a rehearsal
Give me your feedback and I start work on appraisal

RESULT

An experience so occult
Difficult to describe or consult

A vector generated by an action
compulsive

Soothing at times but could be explosive

If you are the subject ; then quite anticipated
If you are a guide; could leave you devastated

An unpredictable block buster
Or sometimes a local disaster

Could prove a precious break
Or maybe a steep trek

Whatever the design; fuel or tool
Tremendous effort is the golden rule.

WHAT IF.....

This LOL business is stuck up in the phone
We type LOL but our face is forlorn

We put there happy emojis and funny smilies
What ought to be on the face seems to appear on the screens

Is life so painful and so very difficult
Or are we scared of the abstract and may be the occult

Healthy mind in a healthy body is taught in primary school
But as the childhood passes away and age begins to fool
A distracted mind and mask face become a handy tool

The best way to stay happy is to be little careless
To spend few hours in hard work and few others aimless

What if am lazy for once
If I toil otherwise in abundance

What if this dream realises
And everywhere I see happy faces



Dr. Tushar Somwanshi
MBBS, MD
Consultant Radiologist
Kalyan, Maharashtra,

Literature

Dr Tushar Somwanshi is also a fellow Radiologist. He had done MBBS from GMC Aurangabad and MD Radiodiagnosis from GRMC Gwalior. He developed interest in writing short stories during his post graduation and created blog named witty-medics.blogspot.com. He mainly writes down funny incidences but also satire and stories that have food for thought. He writes memes also. Here is one of her short story based on real life incidence.

FIGHTING SPIRIT

This Monday I was seeing ultrasound patients as usual. Through this rush came an old female aged 69 years. As usual backache or urinary retention, I thought! But no; while lying down, she said she underwent 4 operations and she knows all the details. Well, except for a slight deformity of her nose on right side, there was no tell-tale evidence suggesting major operation. Looking at her simple saree and overall appearance, sister said can you tell details of surgeries you underwent; she said yes.

So here goes her history in her own words – in 1982, I underwent total hysterectomy with bilateral salpingo-oophorectomy for endometrial carcinoma. A few years later I was diagnosed having carcinoma of descending colon for which I underwent left hemicolectomy with rectal anastomosis. In 2004, I suffered from carcinoma of urinary bladder.

Fortunately, it was diagnosed in early stage, so I underwent local resection and BCG therapy. In 2011, I suffered from squamous cell carcinoma of right nostril for which I underwent fourth operation. She also said that she underwent radiotherapy and chemotherapy too, but she didn't specify for which ailment and I didn't bother to ask for which!!

Her urologist suggested her ultrasound for suspected hydronephrosis on left side. There, indeed, was gross hydronephrosis involving left kidney. She said her son suggested her ultrasound. He's a surgeon presently working in Muscat, she said. Has he ever operated on you, I just asked out of curiosity. 'No, actually for first two surgeries he was too small, but for the latter surgeries, he was there in the operation theatre', she said.

'Is there anything to worry about, doctor', she asked.

'Honestly, it's nothing for you, really', I said!

She smiled at my answer and continued, 'I don't want to go in operation theatre again!'

While she was getting up after ultrasound, sister asked her out of curiosity, what your husband does. Yes, wife undergoing 4 major operations, it needs patience to handle her and family, I thought. The question was appropriate with the given context. But the answer was shocking to both of us which left us just speechless, 'oh, he passed away long back, when I was pregnant'!!

I feel that some people are just blessed, not those who have no problems at all, but those who have immense fighting spirit to face any difficulty in their life!



Dr. Akanksha Baghel
MBBS, DMRD
Radiologist,
Baghel Sonography Centre
Harda, MP.

Literature

Dr. Akanksha Baghel is also a fellow Radiologist and is associated with Samrakshan, which is a national program of Indian Radiological and Imaging Association to reduce avoidable deaths of babies during pregnancy in India led by Dr Rijo Mathew Choorakuttil of Kerala. Here are some of her Poems which are dedicated to Samrakshan. I am sure you will come to know that how meaningful they are.



समरक्षण
मातृ और शिशु का
प्रेम का अद्वैत रूप
क्या ही छांव क्या ही धूप
गर्भ में जब पल रहा
मैं भी था तेरा ही रूप
क्यू न होऊँ विवश आज
करने को एक समरक्षित प्रयास
इस प्रेम के हो वशीभूत.....

A Fetal Radiologist in India..



The power....

I do have a probe-power ...
Do we understand how powerful we are ?
We can reduce generation's scar
By reducing perinatal morbidity and mortality
As with great power comes great responsibility
For that i need lot more me
One can't do that single handedly
I am here for you as you are for me
Let's come out of our cocoons as i dared to do it
Samrakshan is waiting outside for us
open-heartily

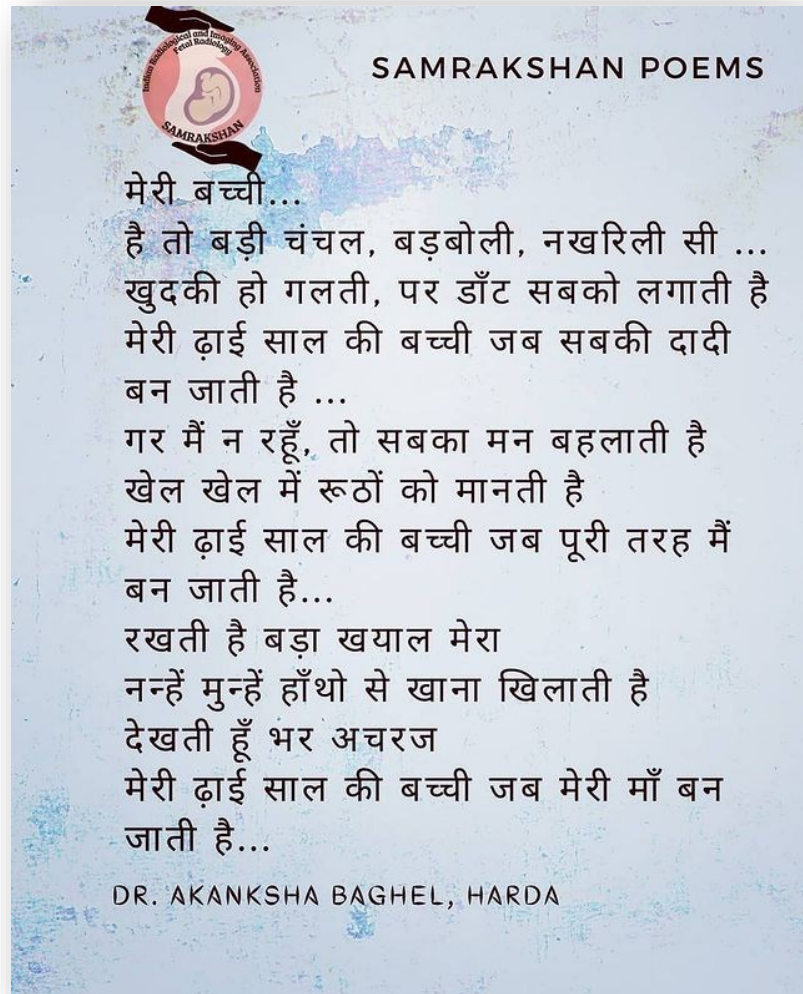
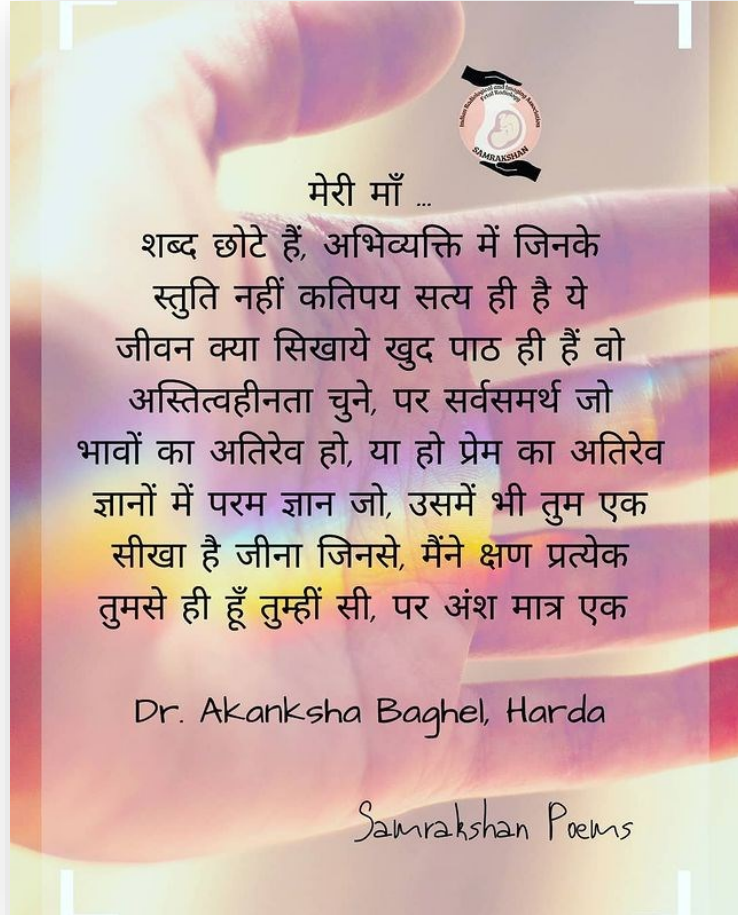
A fetal radiologist in India to another





Dr. Akanksha Baghel
MBBS, DMRD
Radiologist,
Baghel Sonography Centre
Harda, MP.

Literature





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

Art

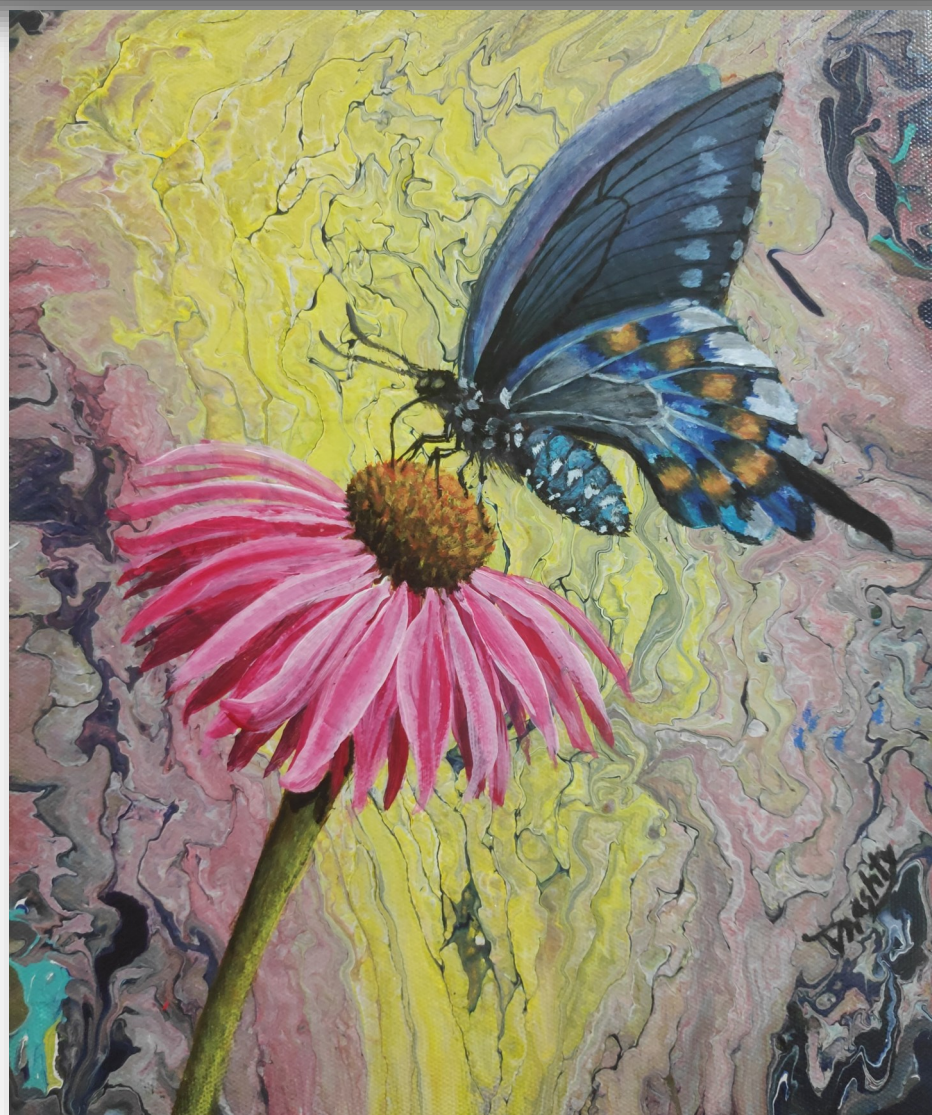


Dr Drashty Satodia is a fellow Radiologist. She completed her MBBS from B J Medical College, Ahmedabad and her post graduation from NHL MMC, Ahmedabad, Gujarat. She is from Gujarat, currently living and working in Trivandrum, Kerala. Painting is her hobby since childhood. But as happens with most of 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 acrylic paintings done over acrylic pour background. I am sure you will love it.



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

Art

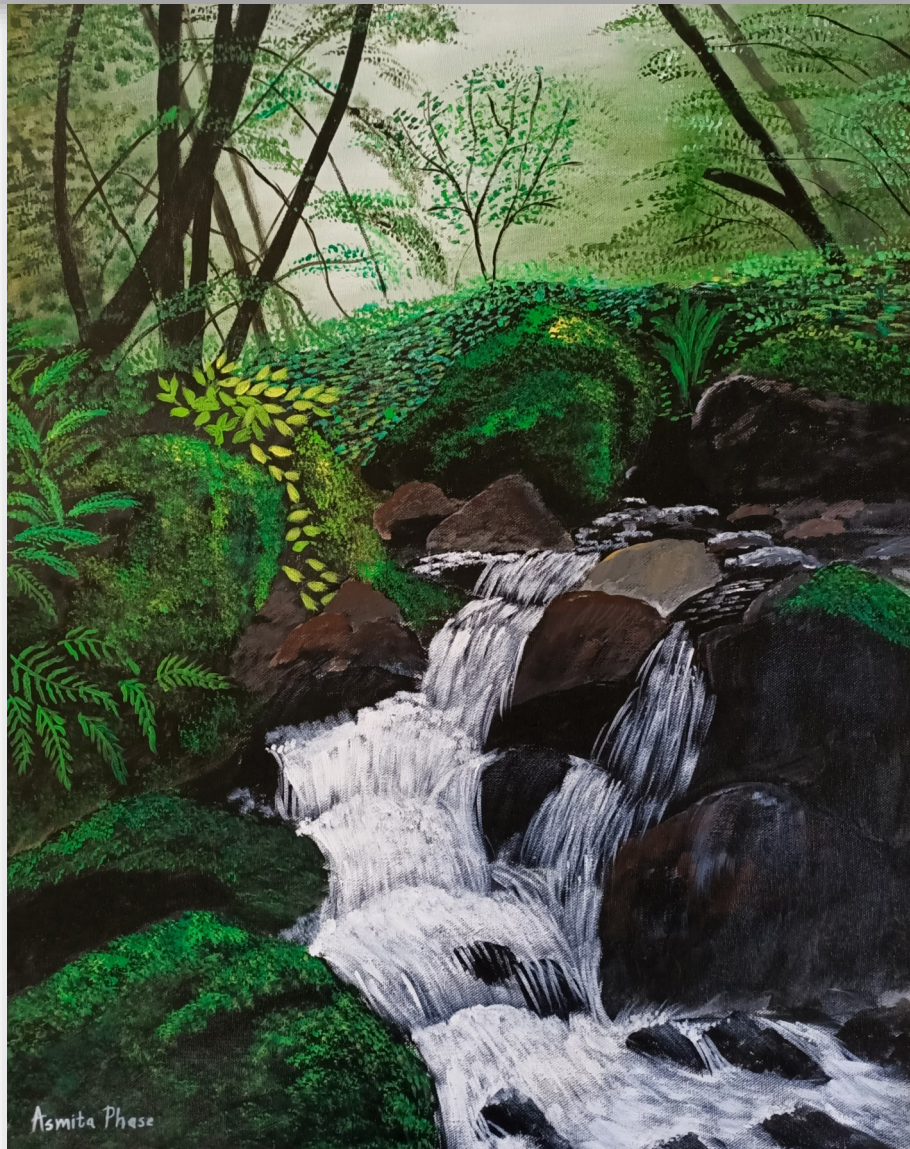




Dr Asmita Rahul Phase
MBBS, DOMS
Consultant Ophthalmologist.

Art

Dr. Asmita Rahul Phase is an Ophthalmologist practicing as a Medical Retina Consultant and Lasik Surgeon at Sanskar Netra Rugnalya & Phaco Centre at Karad. She did her MBBS from Grant Medical College Mumbai and Post-graduation from National Institute of Ophthalmology Pune. Her areas of interest are Acrylic and water colour painting. As per her opinion everyone must learn to prioritise the things. Busy schedule can't be avoided but, we can definitely schedule our work around our priorities, so that we can find a time for our hobbies.





Dr Asmita Rahul Phase
MBBS, DOMS
Consultant Ophthalmologist.

Art





Dr Asmita Rahul Phase
MBBS, DOMS
Consultant Ophthalmologist.

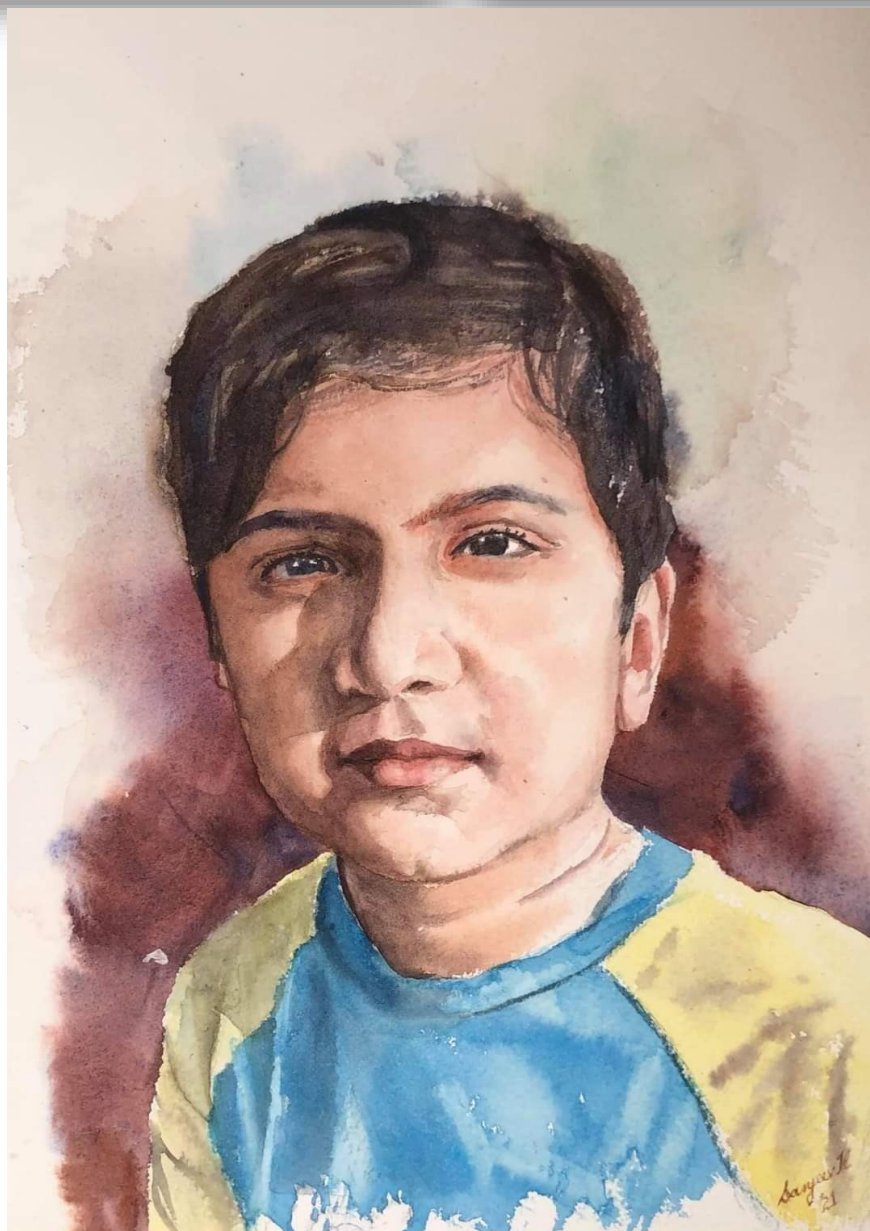
Art





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

Art



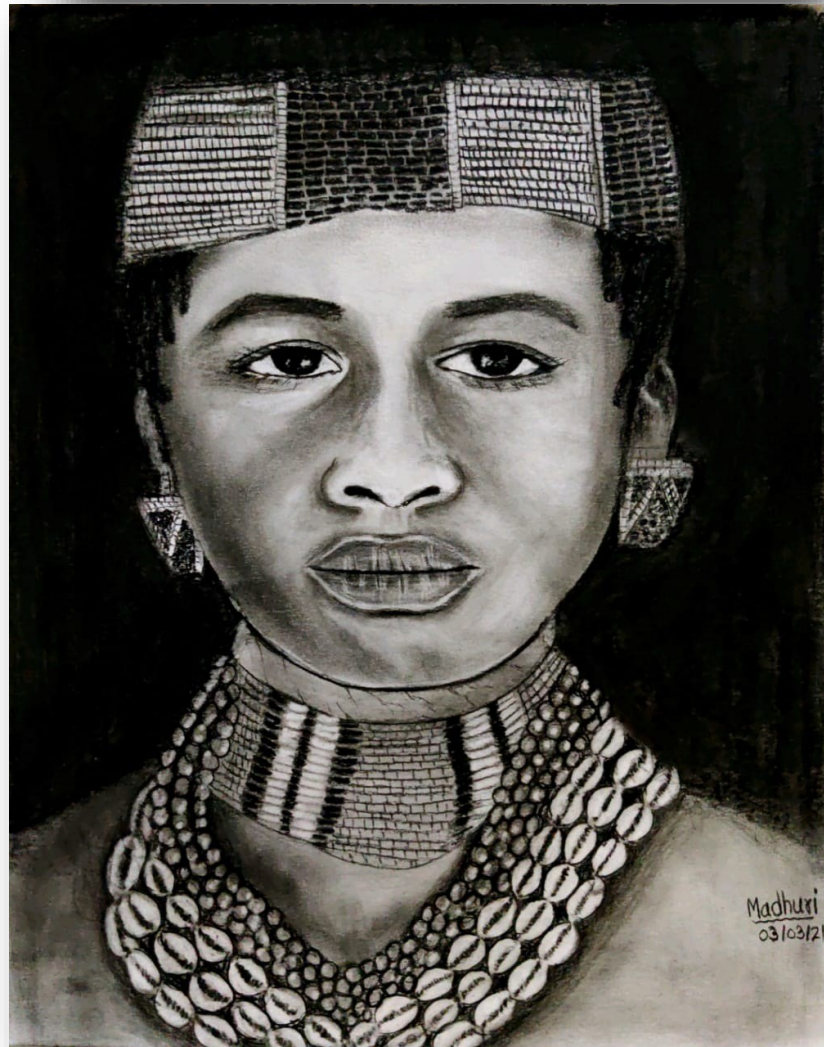
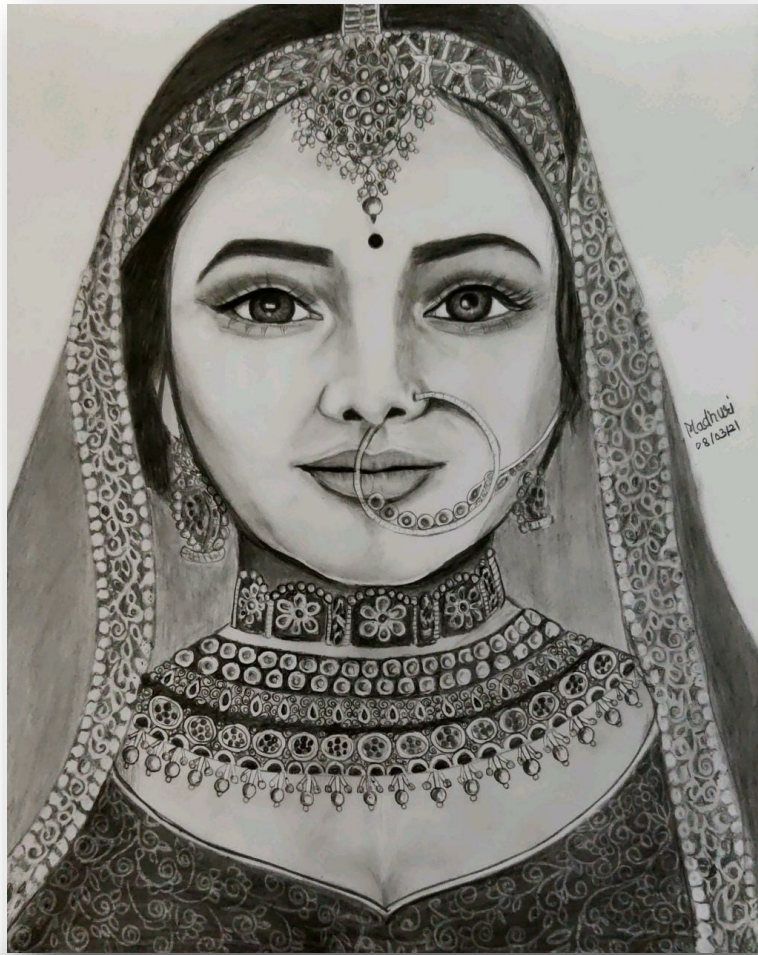
Dr. Sanjeev Handique is a friend and fellow Radiologist from Guwahati. He is an ex-student of Assam Medical College. He excels in painting and makes paper scale models of cars also. In last issue we had gone through some of his craft and in this issue we will again see some of his paintings. He is a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



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

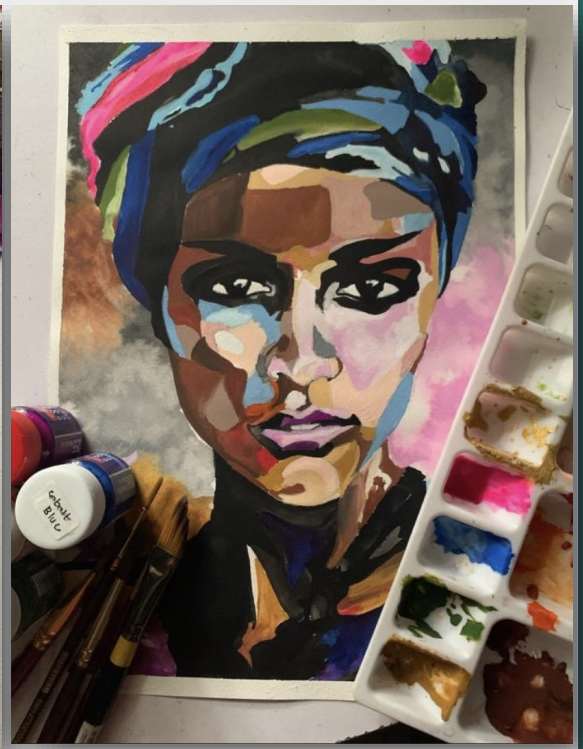
Art

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.





Anushka Bhadane,
3rd. MBBS student
Pune.



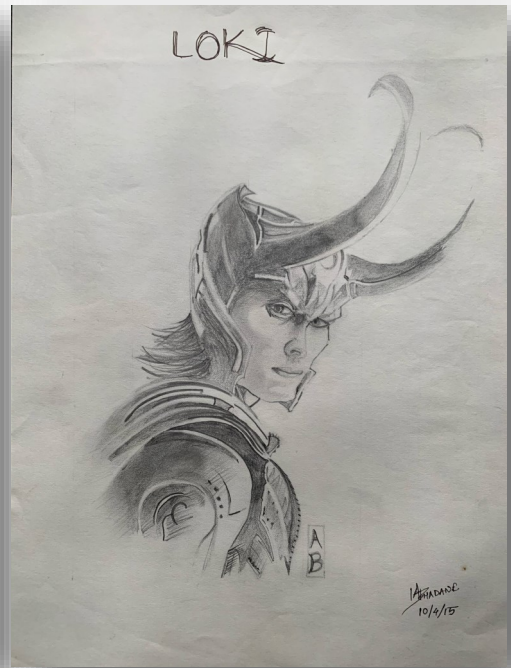
Art

Anushka Bhadane is doing her 3rd MBBS (minor) in BJGMC PUNE. Maharashtra. Sketching and painting are her hobby. Besides this, she loves travelling a lot. Here are some of her sketches and paintings and I am sure you will like them.





Anushka Bhadane,
3rd. MBBS student
Pune.



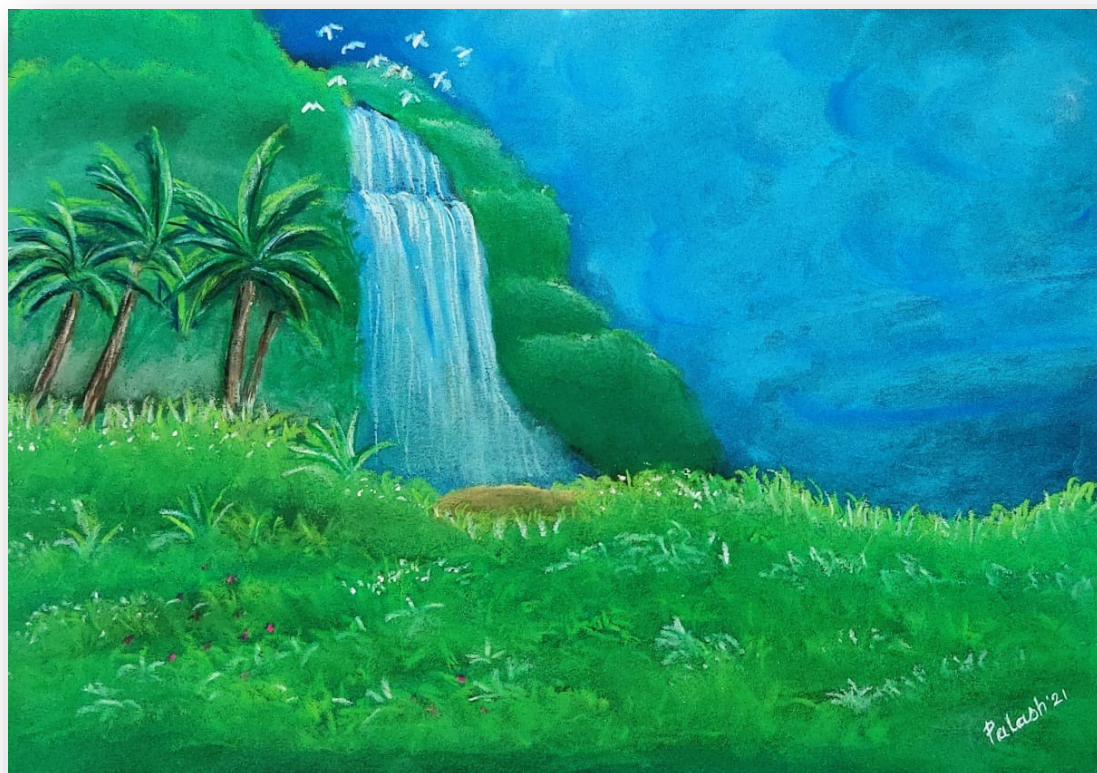
Art





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

Art

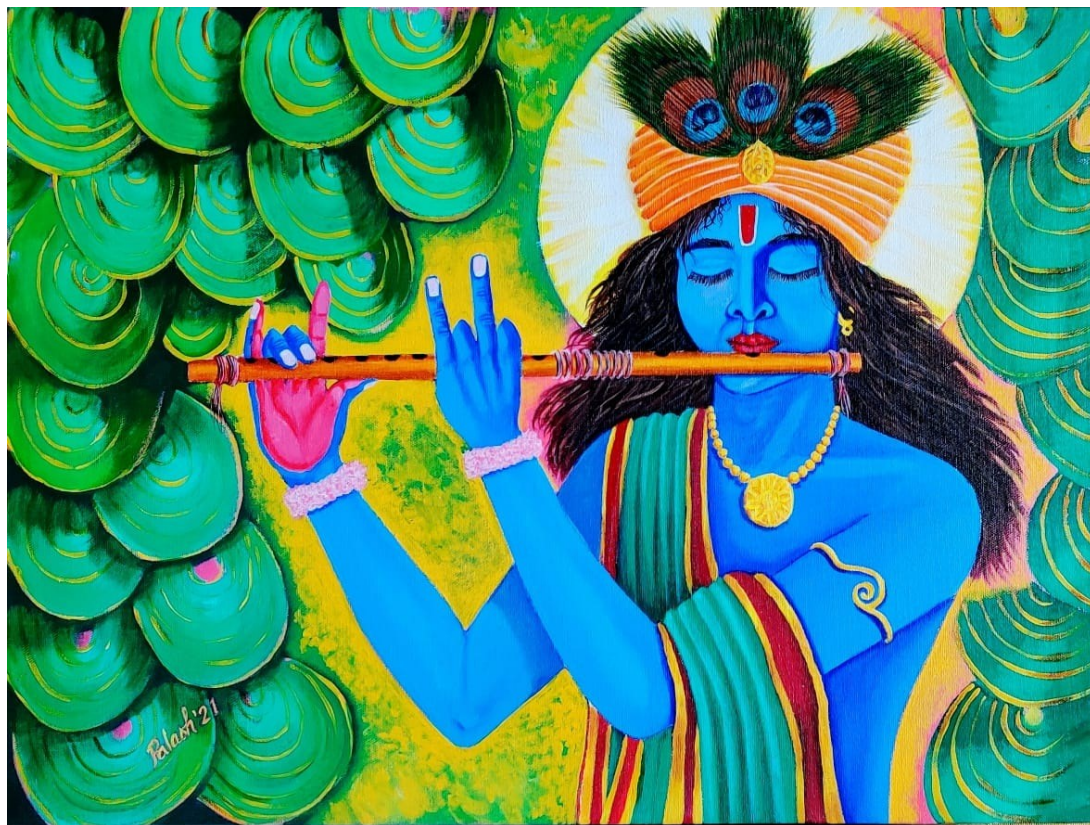


Dr. Palash Jyoti Das is a radiologist presently working in Arya Wellness Centre, Guwahati Assam. Drawing and painting is his passion since childhood. After joining the medical profession he could not continue due to time constraints. During the lockdown period, he reignited the old passion. Here are some of his artwork, hope you will love it.



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

Art





Dr. Anup Sadhu, MD
Consultant Radiologist

Art X-ray art

Dr. Anup Sadhu is not only a fellow Radiologist but also a very close friend. He is a co-founder of Calcutta Academy of Radiology along with Dr. Bijon Kundu and yours truly. He is our guiding force and a Consultant Radiologist in Eko X-ray and Imaging Institute located at Medical College, Kolkata. He was an ex-student of Calcutta Medical College, which was established by Lord William Bentick in the year 1835. Here he presents an unusual X-ray art. I am sure you will like it.



There is a long history of X-rays as art, the earliest some 100 years ago. Almost as soon as X-ray machines became available for use in medicine images were being taken of flowers etc. as art objects.



Creating the Image



Almost everyone appreciates the beauty of flowers, and they have been a major theme in fine art photography over the years.

If one wishes to exhibit photographs of flowers, it is best to use a studio setting, medium- or large-format cameras, various backdrops, several lighting arrangements, and professional film and processing. If an x-ray camera is used, a much smaller amount of equipment is needed. X-ray film, once exposed and developed, can be processed like most photographic negatives, yielding black-and-white prints. To a radiographer, the resultant prints may at first have a novelty effect, but if properly done, they rise out of the realm of "office art" to a level of fine art.

Creating floral radiographic prints starts with the x-ray camera. The equipment most suited for this purpose should have a small focal spot with an output of 10–50 kV and a beryllium window. Standard diagnostic x-ray units usually do not operate below 60 kV and have inherent filtration that eliminates the desired soft radiation. Mammography equipment allows the use of low kilovoltage, but it is designed to work with cassettes and screens, has inherent filtration, and has subsecond timers.

Specimens are laid directly on the covered film surface to maximize sharpness. Minimizing the specimen-to-film distance is important, but do not sacrifice specimen form and shape to achieve this. Detecting lack of sharpness of some parts that do not touch the film plane requires high magnification and a trained eye. Because the inherent sharpness of x-ray film is less than that of photographic film, the x-ray negative should not be enlarged when it is printed. Contact printing minimizes the loss of sharpness.

We imaged a conch shell and later transferred to a particular soft ware to give desired effects.

The flower was imaged with barium sprinkled in predetermined manner though floral xray art can be obtained without use of xray

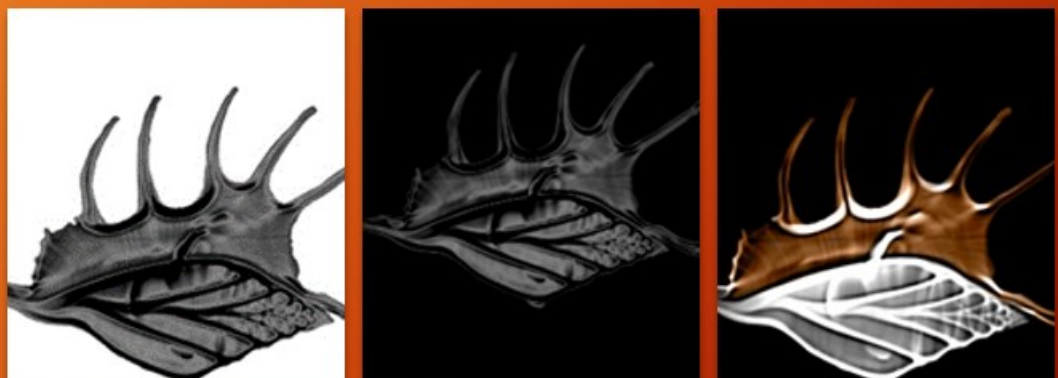
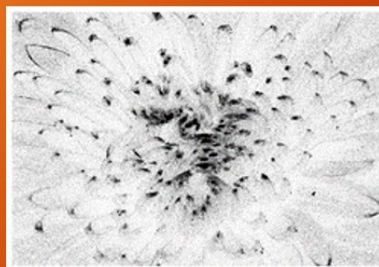


Fig 1 to 3 pic of conchshell after processing



X-ray of flower

Image manipulation by Subhadeep Chanda



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

Art

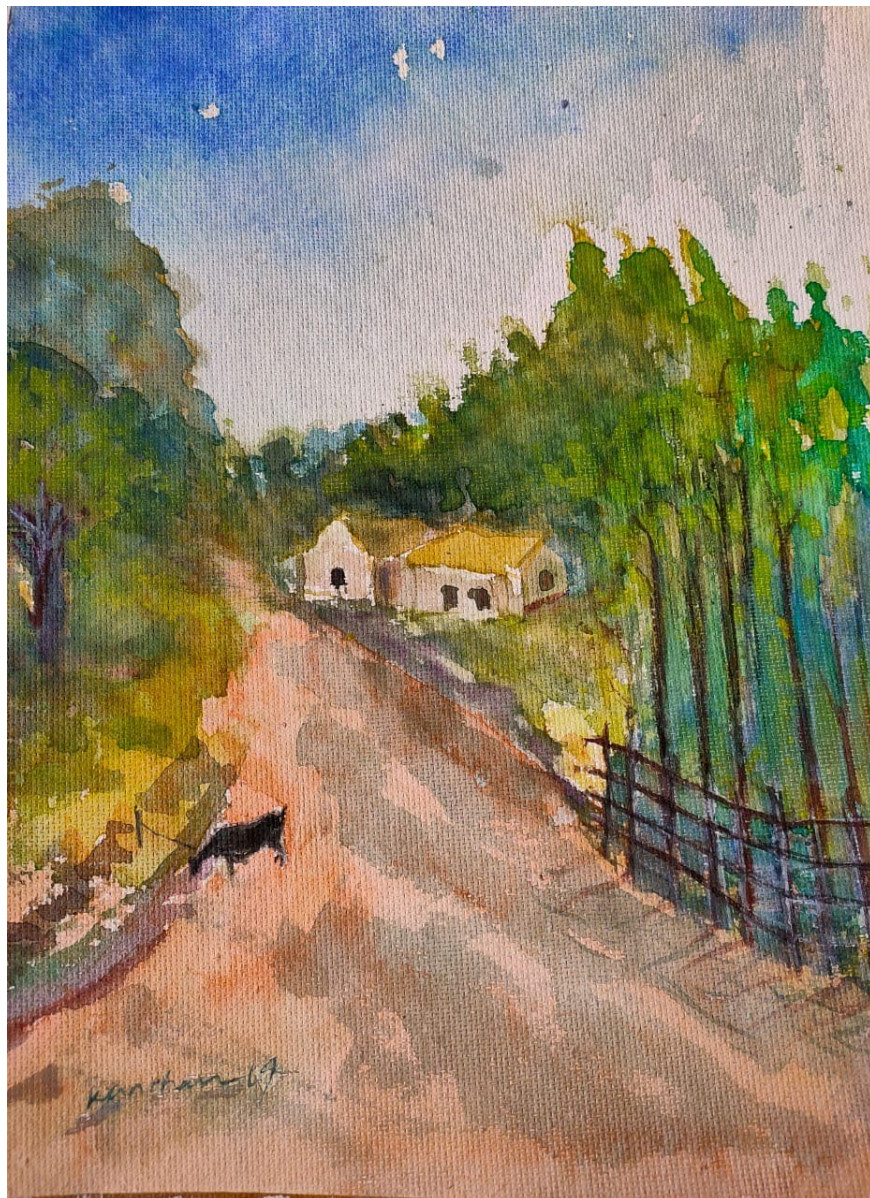


Dr. Kanchan Pathak is an Otorhinolaryngologist by profession and ex-student of R. G. Kar Medical College, Kolkata. He is also one of my classmates and one of my oldest friends from the class. He is a self taught painter and painting is his passion . Here are some of his paintings. I am sure you will love



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

Art





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

Art





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

Art

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.





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

Art



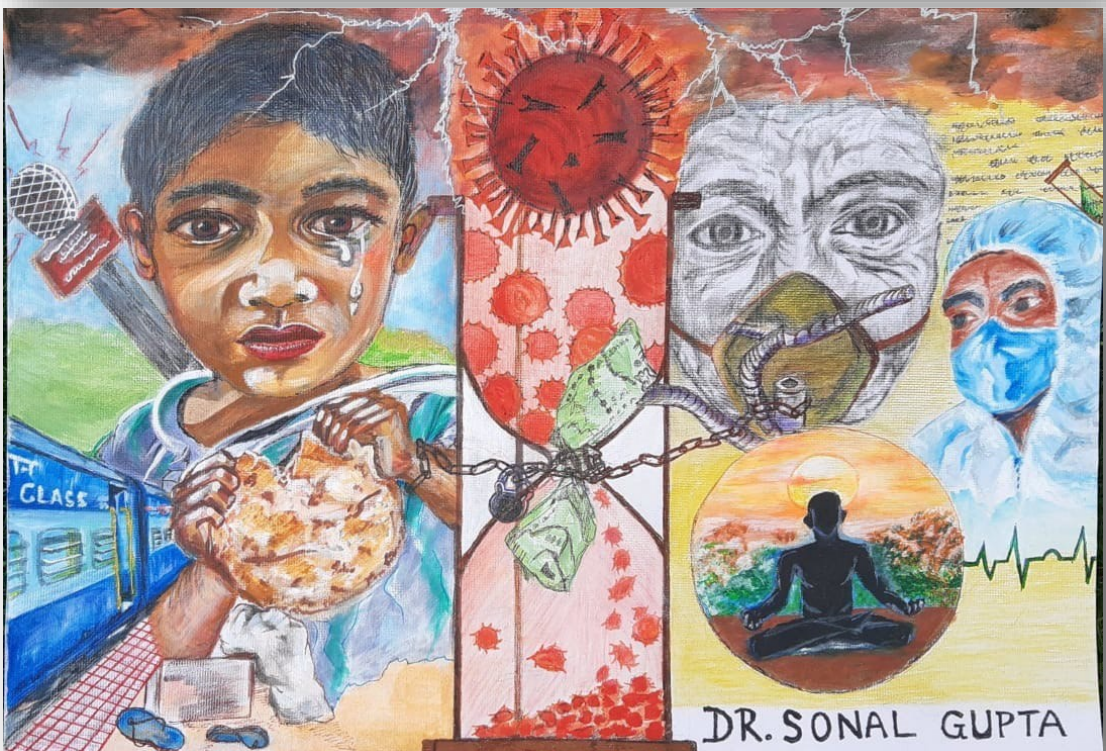
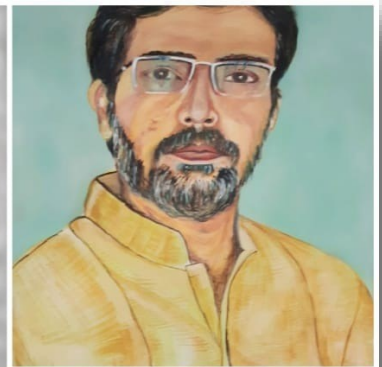


Dr. Sonal Patel Gupta,
MBBS, DMRE
Radiologist,
Gondia, Maharashtra.

Art

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 fond of art in its various forms. This time portraying colleagues and friends using watercolor on paper. Also there is one watercolor poster depicting suffering in covid era.





Dr. Ritu Gupta
MBBS(Gold medal-
list) ,PGD Hospital man-
agement,
Bengaluru

Art

Dr. Ritu Gupta is a General Physician by profession and is based in Bengaluru. She is an avid photographer and artist. Here is painting of Srinathji which is Thanjavur / Tanjore painting and a classical south Indian art form. Mainly Gods and goddesses decorated with gold, semi precious Stone and poster color. She tried this a little different form than the traditional ones done down south. She hopes that she could do justice with the expression which is the most important aspect of Tanjore.





Dr. Hardik Modi,
MBBS. MD
Consultant Radiologist

Humour Memes

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.

While Doing NT Scan And Nasal Bone Scan In Fetal USG



By : Dr. Hardik Modi

After Hearing My Answers In Viva

My Internal Examiner 📖📖📖

By : Dr. Hardik Modi





Dr. Hardik Modi,
MBBS. MD
Consultant Radiologist

**Humour
Memes**

Daily Story When Pediatric Patient Comes For Sonography

By : Dr. Hardik Modi



Treatment Options For Ureteric Stone In India



Lithotripsy *
(ESWL)

*** Ureteroscopy**
(URS)



By : Dr. Hardik Modi



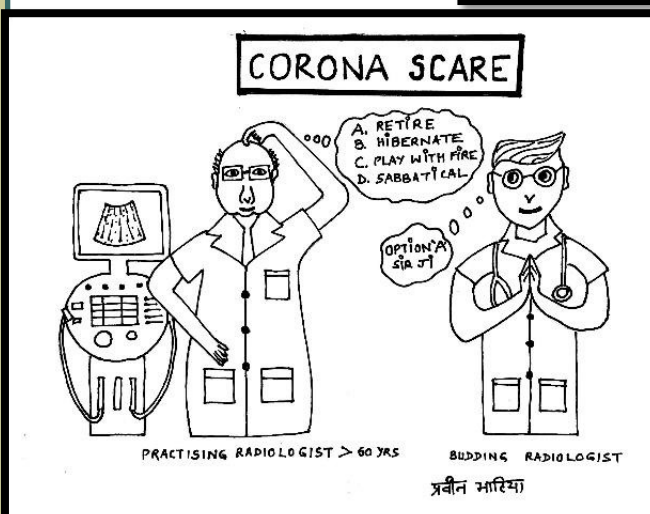
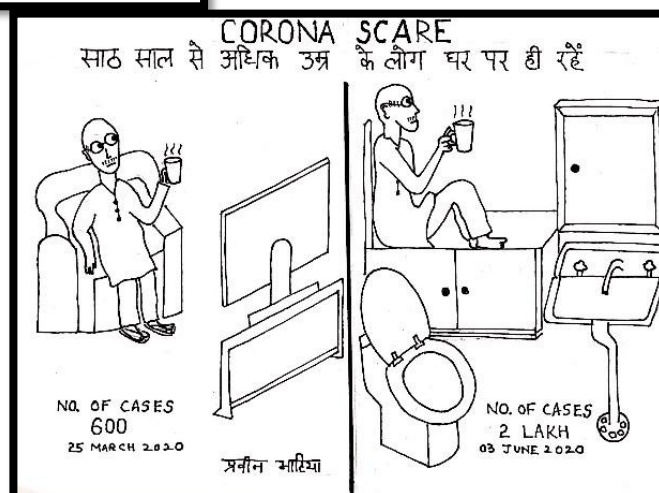
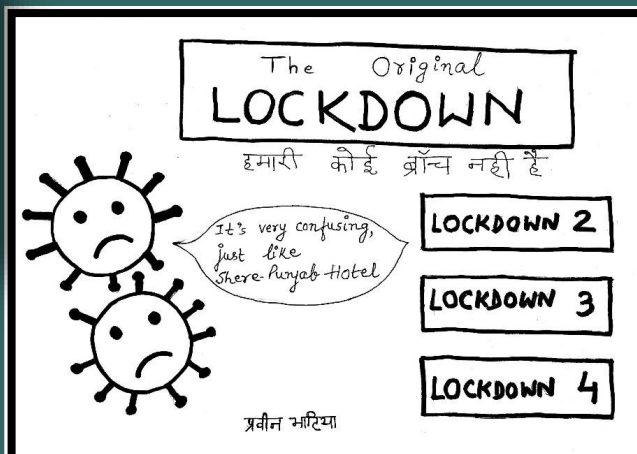
* बीयर/दूध-सोडा/नींबू-सोडा/पत्थरचट्टा
पान/बिजौरा/आयुर्वेदिक/होमियोपैथी
Last But Not Least
उंगली से खींचकर या भस्म भभूत देकर
100% गारंटी पथरी निकालने वाले बाबा



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

Humour

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.

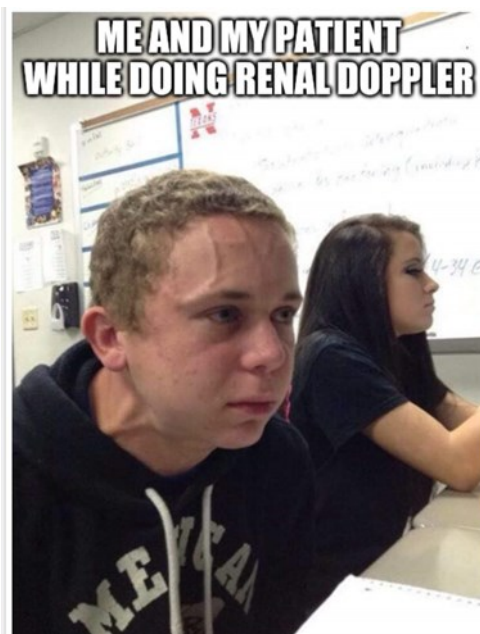




Dr. Tushar Somwanshi
MBBS, MD
Consultant Radiologist
Kalyan, Maharashtra,

Humour

Dr Tushar Somwanshi is also a fellow Radiologist. He had done MBBS from GMC Aurangabad and MD Radiodiagnosis from GRMC Gwalior. He developed interest in writing short stories during his post graduation and created blog named witty-medics.blogspot.com. He mainly writes down funny incidences but also satire and stories that have food for thought. He writes memes also. Here is one of her short story based on real life incidence





Dr. Tushar Somwanshi
MBBS, MD
Consultant Radiologist
Kalyan, Maharashtra,



Humour





Dr Sonal Kulkarni
DCP FRCPath , UK
London

Photography

Dr. Sonal Kulkarni is a Pathologist by profession. She did her MBBS from Dr VM Medical College Solapur and DCP from GMC Miraj. Later on she did FRCPath UK and currently working as a Consultant Histopathologist in the UK.

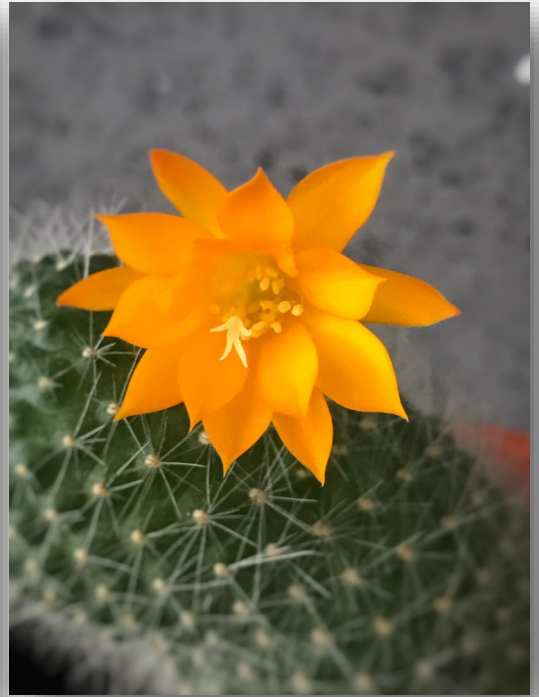
She had picked up this new hobby of flower and landscape photography during lockdown last year. It's a by product of her main hobby of gardening, which she thoroughly enjoys.

I am sure these flowers will add some fragrance to your life.





Dr Sonal Kulkarni
DCP FRCPath , UK
London



Photography





Dr Sonal Kulkarni
DCP FRCPath , UK
London



Photography





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

Glamour Photography

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.

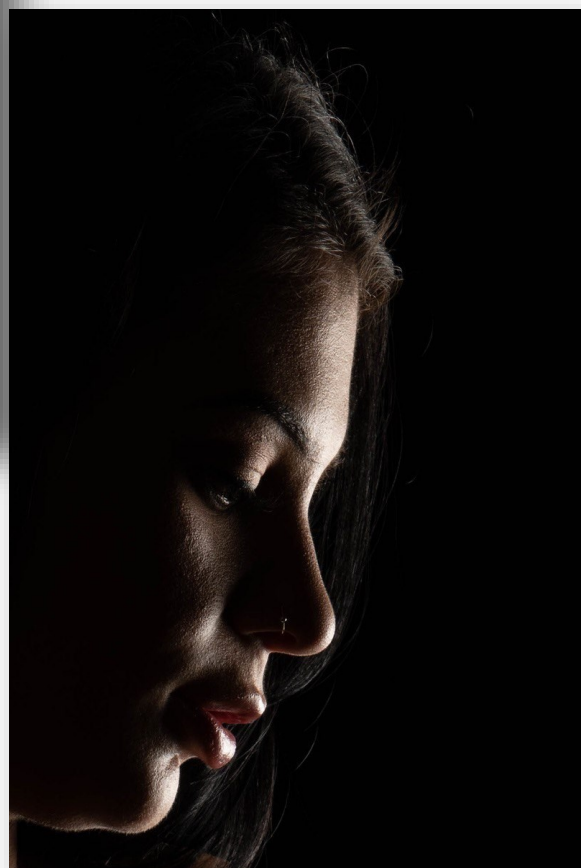




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Dr. Deepk S. Hiwale
MBBS, {Pune}
MSc {Sports & exercise Medicine,
Glasgow, UK

Fitness

Dr. Deepak S. Hiwale, better known as 'Dr. Dee' specialises in Sports & Exercise Medicine. After completing his MBBS from the reputed BJ Medical College in Pune, India, he worked as a medical officer in rural India for a couple of years! However, his passion for sports made his pursue a master degree in Sports and Exercise Medicine from the world-renowned University of Glasgow.

Dr. Dee has previously worked in the UK (with top athletes, as well famous personalities from the entertainment industry). During his stay in Scotland, he conducted a study on sports injuries with the Scottish international cricket team.

In addition to sports conditioning, sports nutrition and supplementation guidance, he also offers other services: overweight-obesity reversal, metabolic disease (diabetes and others) management, & aging well. He is currently a consultant, sports conditioning and sports medicine at [Conditioning Clinic](#) and [Oasis Clinic](#), Pune, India.

Creating health awareness, especially about 'obesity as a disease' and the 'metabolic disorders pandemics' through lectures, presentations, blogs, social media and such, remains his hobby. Also, helping sportsmen and women achieve better performance through evidence-based sports nutrition, supplementation and sports conditioning is one of his top priorities.

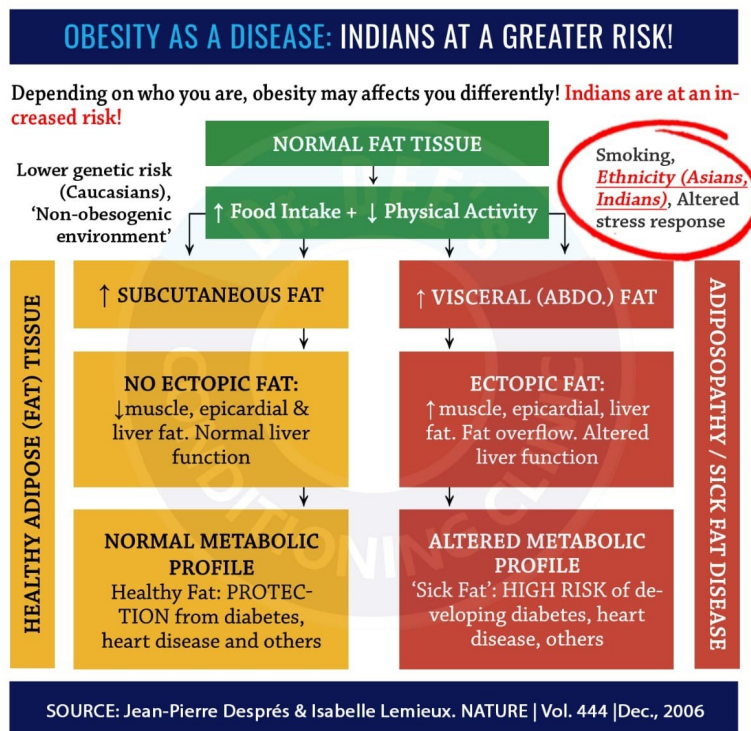
Here's how Dr. Dee describes himself: 'I am – what you'd call a 'MIXED BAG', really – a sports medicine doctor, an academic 'in the head' and, a passionate health and fitness writer-presenter-educator and an exercise aficionado! Over the years, my stints with medicine (both urban and rural India), sports performance-enhancement, sports injury prevention and management, and fitness fields have made me realise that maintaining a lean body frame through ingestion of nutrient-dense foods and increased physical activity, in addition to making you look and feel good, is the best darn preventive medicine there is, not to mention helps you 'age-well', as well!'

Indians are at a greater Risk of Diabetes and Heart Disease: Here's why: The Lipid-overflow - Ectopic Fat Model of Metabolic Disorders
by Dr. Deepak S. Hiwale*, MBBS, MSc (Sports & Exercise Medicine, UK)
(First published: July 12th, 2018)

Introduction

Fat around the belly (especially surrounding the organs, the viscera: visceral fat) is more of a concern as opposed to fat under the skin. Whereas, we all know that preferential deposition of fat over the belly can be a problem, subcutaneous fat (fat under the skin) affords disease protection!

Excess visceral fat accumulation is a marker of a dysfunctional adipose tissue unable to appropriately store energy excess. How visceral fat causes metabolic derangements and therefore, disorders, is explained by researchers using the 'lipid-overflow-ectopic fat model of metabolic disorders.



Lipid-overflow-Ectopic Fat Model of Metabolic Disorders

According to this model, the body's ability to cope with:

Surplus calories, resulting from excess caloric consumption, Surplus calories resulting from a sedentary lifestyle or, as is often the case, A combination of both above factors, combined with a genetic predisposition to accumulate fat around the belly (Asian Indians), and Presence of an 'obesogenic' environment ...might, ultimately,

determine the individual's susceptibility to developing metabolic syndrome.

Genetic Influence

There is evidence suggesting that:

If the extra energy is channelled into insulin-sensitive subcutaneous (under the skin) adipose tissue, the individual, although in positive energy balance, will be PROTECTED against the development of the metabolic syndrome (See left column in the picture above). However, In cases where adipose tissue is absent, deficient or is insulin resistant, with a limited ability to store the energy excess, the fat surplus will be deposited at ectopic sites (sites which don't normally store fat, such as the liver, the heart, the skeletal muscle and in visceral adipose tissue) — this is called ectopic fat deposition

Factors associated with a preferential accumulation of visceral fat and with features of insulin resistance include, among others:

1. Smoking,
2. Genetic susceptibility to visceral obesity (such as in Indians: see accompanying infographic)
3. A neuroendocrine profile related to a maladaptive response to stress



Dr. Deepk S. Hiwale
MBBS, {Pune}
MSc {Sports & exercise
Medicine, Glasgow, UK

Fitness

Take Home Message

The resulting metabolic consequences of this 'defect' in energy partitioning include visceral obesity, insulin resistance, an atherogenic (atheroma-forming) dyslipidaemia and a pro-thrombotic, inflammatory profile; the well-known characteristic features of metabolic syndrome. Good news is, that all of these 'parameters' and metabolic derangements can be reversed through a 'calorie-deficit', nutrient-dense diet, and developing an active lifestyle. For more details, keep reading my subsequent articles!

PS: Although definitions and diagnostic criteria vary, the simplest clinical criterion for diagnosing metabolic syndrome is the simultaneous presence of: increased waist girth, and raised fasting triacylglycerol levels, which together, have been termed the 'hypertriglyceridaemic waist'.

Sources

Jean-Pierre Després and Isabelle Lemieux. Abdominal obesity and metabolic syndrome. NATURE | Vol 444 | 14 December 2006

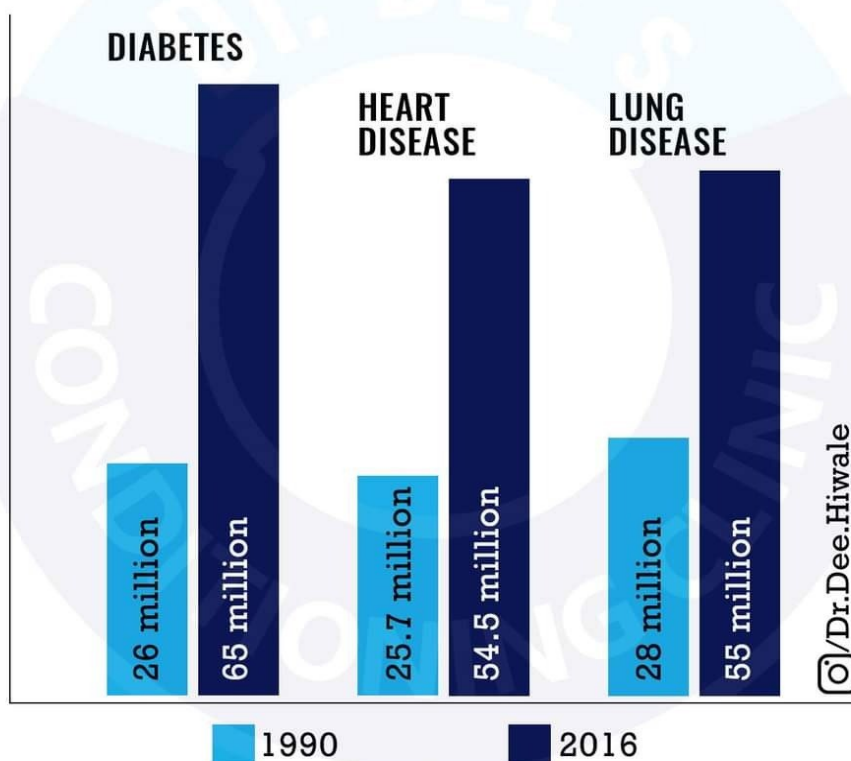
Lemieux, I. et al. Hypertriglyceridemic waist. A marker of the atherogenic metabolic triad (hyperinsulinemia, hyperapolipoprotein B, small, dense LDL) in men? Circulation 102, 179–184 (2000).

Video, where I discuss in more detail the lipid-overflow and ectopic fat model of metabolic disorders: : [LINK](#)

*Dr. Deepak S. Hiwale runs an obesity reversal and a sports conditioning clinic in Pune. He can be approached for consultations at [Instagram.com/dr.dee.hiwale](https://www.instagram.com/dr.dee.hiwale)

EXPONENTIAL RISE OF METABOLIC DISORDERS IN INDIA

(SOURCE: THE LANCET)





Dr. Smita Burute (MBBS, DMRE)
Consultant Radiologist, Pimpri,
Pune, Maharashtra

Fitness

Dr. Smita Burute is also a fellow Radiologist from PCMC, Pune. She had done MBBS from Bharati Vidyapeeth's Medical College, Pune and DMRE from NDMVP Medical College, Nashik. She is a fitness enthusiastic and here she describes her journey to fitness. I am sure it will inspire you to remain fit.

Journey towards good health

An usual story of a normal girl - slim trim, smart girl gets happily married. Does all the house chores happily as a wife, daughter in law etc. Perfectly balances work and domestic life. Gives birth and becomes the happiest mum. Along the way she forgets about herself and suddenly few years down the line, realises how much weight she has gained through all this happiness. And then the journey starts to become thin.

Mine too started!!!



Walking , jogging, aerobic classes etc. all experiments began.

Then came the time when I joined gym - 4 years back. It was not at all what I liked ...lifting weights was never my cup of tea. But as it is said – “All progress takes place outside the comfort zone”.

I started loving what I was doing. The results were visible too. Started lifting heavy, did HIIT, piloxing, Zumba, boot-camps and started trekking - all this in

my forties.

While doing all this, I realized something which completely changed my opinion about fitness.

Fitness is a journey towards healthy you. Being healthy does not mean slim n trim at all. One can be bulkier but healthy if you enjoy your workouts, enjoy the food you eat n most importantly if you love yourself. Mindful eating, being active, regular exercising , good sleep, meditation and being happy are the keys to a healthy life.

Healthy means -

- You are able to lift all those shopping n travelling bags easily when you are on a holiday.
- You can walk any distance and you enjoy that walk.
- You can run after your kids and not get tired.
- You choose to take the stairs rather than an elevator.
- You prefer eating home cooked food than outside food.

And most importantly healthy means you do not get irritated or angry may what happens. Because healthy mind resides in a healthy body.

I can proudly say that I lift heavy, do that HIIT better than people who are younger to me, absolutely enjoy my yoga sessions, almost get killed in those piloxing classes and dance my heart out in zumba classes.



Dr. Smita Burute (MBBS, DMRE)
Consultant Radiologist, Pimpri,
Pune, Maharashtra

2:51 PM

Fitness



Lift Like A Man.... Look Like A Goddess..!!
#GalWhoLifts #Supperstrong #Building... See more





Dr. Ritu Lokhande
MBBS, DMRE
Radiologist.
Pune.

Culinary Art

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 Shahi Tukda.

Shahi Tukda

Shahi Tukda or Shahi Toast is a royal dessert and said to have its origin during Mughal reign. The name itself is reminiscent of its royal background, wherein it was often served after lavish meals. It is an absolute must for every sweet lover, its rich, creamy dessert that just steals the heart. Here's an easy recipe for Shahi tukda to enjoy this delicacy at home, especially if you have some guests coming over on a very short notice. It is made by deep frying the bread, soaking it in rose and sugar syrup, and then drizzling it with generous amount of thick luscious rabdi and dry fruits.

Pls note –A healthy twist to this delicacy can be added by toasting the bread in a healthy oil substitute or by replacing regular sugar with sugar free or stevia. Though I make it authentic.

Ingredients –(serves 3)

1. 5 bread slices
2. 200 ml water
3. 3 cup milk
4. handful cashews
5. 1 handful pistachios
6. 1/2 cup ghee
7. 1/2 cup sugar
8. few saffron strands
9. 2 pinches powdered green cardamom
10. handful almonds
11. Rose essence and rose water.
12. Milkmaid -2 big spoons



Steps

1. Remove the sides of the bread its optional it can be kept intact for a different texture. Preferably use white (Maida bread) as whole wheat or any other grain bread may not give the authentic taste to the dish. Fry the bread pieces in ghee flipping on either sides.





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 be-
came 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 spend-
ing the time in kitchen is
a therapy, it just puts me
in a much calmer, less
frazzled mood than sit-
ting on the couch for the
same amount of time.
Plus it gives me an op-
portunity to nurture my
family and friends. To
express my love and
take care of them. I nev-
er 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

2. Make sugar syrup in another pan. Add sugar ,water and cardamom to make the sugar syrup in a wide pan .Now simmer it until it comes to a one string consistency ,once it reaches desired thick consistency add rose es-
sence.

3. Let the sugar syrup cool down and add the breads making sure it is coated over the breads.

4. For making rabdi-Bring milk to a boil.(for good consistency almond paste can be added ,blended with car-
damom ,sugar and saffron)

5. Once the milk boils add milkmaid and two tsp of rose water for fragrance.

6. Refrigerate the rabdi for half an hour or if time permits can be kept for longer duration as per choice.



Assembling the royal piece of dessert :
Arrange the syrup soaked breads on
plate ,drizzle the generous amount of
rabdi over the bread and decorate it with
choice of dry fruits and saffron threads.





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.



Travelling light!!



Enjoying the ride



Loaded



Sleeping with a friend



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



Painting to put some colour in own life



Man's best friend

Calcutta Canvas



Barbers galore



No caption needed!!



Next issue in May 2021

I am bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in May, 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, I 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 April 2021.

What do you feel about Reflections.? 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
So long. Viral Parekh

Reflections



Photography by Dr. Ritu Gupta