

"What we perceive about ourselves is greatly a reflection of how we will end up living our lives."

– Stephen Richards

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"The world is a looking glass and gives back to every man the reflection of his own face." – William Makepeace Thackeray

Reflections

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Radiologist's Musings - Viral Parekh

Hi!, Namaste,

Here is fourteenth issue of Reflections but I am not elated.

India is reeling under enormous impact of COVID pandemic and it is really disheartening to see people suffer like this. Let us hope we will be able to flatten the curve very soon. Everyone take care and stay safe. Don't want to say anything else now.



Music



RECORDER

The recorder is a woodwind musical instrument of the family known as internal duct flutes — whistle-like instruments which include the tin whistle and ocarina. The recorder is end-blown and the mouth of the instrument is constricted by a plug, known as a block or fipple. It is distinguished from other members of the family by having holes for seven fingers (the lower one or two often doubled to facilitate the production of semitones) and one for the thumb of the uppermost hand. The bore of the recorder is occasionally cylindrical but is usually tapered slightly, being widest at the mouthpiece end.

The range of a recorder is about two octaves. Recorders are made in various sizes with names and compasses roughly corresponding to various vocal ranges.

The sizes most commonly in use today are

1. The soprano (aka "descant", lowest note C5),
2. Alto (aka "treble", lowest note F4),
3. Tenor (lowest note C4) and
4. Bass (lowest note F3).

Recorders are traditionally constructed from wood and ivory, while most recorders made in recent years are constructed from moulded plastic.

Recorder shown here belongs to me and is made of moulded plastic.





Dr. Nivedita Chakrabarty
M.B.B.S., DNB
(Radiology),
Fellowship in Musculo-
skeletal Radiology.
Asst. Professor & Consult-
ant Radiologist at Tata
Memorial Hospital, Mum-
bai and TMC-ACTREC,
Navi Mumbai.

Literature

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.

The Pandemonium

The fire within
The desire to win
The people around
Are there to pull you down
But still you emerge
Undeterred by the din
That's how you silence the pandemonium within.

The blatant truth
The emotional anguish
The erratic decisions
And loads of repercussions
But still you gather yourself
With pristine vision and insight
That's how you silence the pandemonium inside.

The terrible things in your life
The resonating wounds day in and day out
The vulnerability in you
Imparting fear unspecified
But still you remain
Unperturbed in your stride
That's how you silence the pandemonium inside.

The unspoken words
The unmourned grief
The incorrigible situation
The painful separation
But still you stand strong
Maintaining tranquil in your stride
That's how you silence the pandemonium inside.

The betrayal in friendship
The failure in relationship
The sudden abandonment
And catharsis of resentment
But still you keep walking
With only yourself by your side
That's how you silence the pandemonium inside.

Pertinent it is
To silence the pandemonium within
Coz others don't define you
You are what your mind imprints.



Dr. Shalini Agarwal
MBBS, MD, DNB
Professor, Department of
Radiodiagnosis
Pt. B D Sharma, Post
Graduate Institute of Medical
Sciences
Rohtak.

Literature

Dr. Shalini Agarwal is also a fellow Radiologist. She had a long career as an air force officer and as a consultant in the non-defense government setup. She had done her MBBS in 1987 from AFMC, Pune and MD in 1998 from AH(R&R) Delhi. She is consultant at her present hospital since 2004. She has done Commonwealth fellowship and ESSR Diploma in musculoskeletal radiology also. Her hobbies are Reading, writing, and cooking. Here are two of her poems, which reflect her thoughts on ongoing COVID pandemic. I am sure you will like them.

END OF DAYS

We were prisoners in our hearts
Now our house imprisons us.
We starved love
Now, as hunger, it tortures us.
We ignored touch that heals
Now, it scares; we run
Engulfed by greed, we lived well
Now, our folly is at the doorstep
All that mattered is useless now,
as it dissolves in a blink.
We lived, and long in our mind
Now we face certain death.
We painted misery on the wall
And made it truly colourful
Now, ashes is all we have
Slipping faster than sands of time.

VISITORS AT MY WINDOW

Tiny beaks pecked at my window
Large concerned eyes, "are you alright?
right?
We have missed you on the roads;
we have missed you in the skies."
Hesitating they said, "We looked up to
you;
just came by to see you smile.
Come back, if you have rested!
Come back, if you would like!"
"We have, hopped, skipped and more;
It is hide and seek we miss the most.
We are here if we are difficult to find.
We miss the sound of your mighty roar
We miss the fun of shuddering ground
Black clouds that bellowed in spirals of
smoke
Why have they gone quiet?"
"Why won't you respond?
Are you locked down and out of
time?"



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.

YOUTH REGAINED

She wakes up early
Ready for workout
Lemon water a light snack
To her study table she is back

Hours of reading writing
Solving and memorizing
Short break..lunch n bath
Mischievous with bro n aftermath

All work done ;not one error
Time to glance into the mirror
Face pack and hair to mind
Dress up and little unwind

Evening 's come
Catwalk or dance
LOL chat and freak out
Some more gym n workout

Relax chitchat n Dine
Whole day went just fine
Wish I could exchange roles with her
Nay....I stand for thee my lovely daughter.

JUST COLOURS

Spirituality and Sanctity
That's VIOLET'S quality

Impartial and Devoted
INDIGO wants to be voted

Wise and Confident hue
That's the heavenly BLUE

Bet on freshness and harmony
GREEN is your destiny

Peace and mellow
Fun filled YELLOW

Sacrifice and courage
Your shade is ORANGE

Worthy and strong
As passionate as RED

They calm you down
They boost your might
Colours are so special
Full of zeal and light

NOSTALGIA

Those lovely school days
With their lively by ways
Where every working day
Was in fact a fun filled day

Fresh faces in nice uniforms
Hair neatly combed by caring moms
Lovely shoes and socks to wear
Tiffin and bottles to be handled with care

Chirpy voices filled in the buses
Walking students from nearby houses
Waving hands in autos and cars
Some riding bicycles with the aura of stars

Morning assembly all set for prayer
Some eyes tightly closed, some staring here n there
Hands and legs went up and down
As the PT Sir's blowing whistle kept his count

Then to class English story
Science lesson followed by history
Mathematics kept the heads bothering
Waiting eagerly for the bell to ring

Short and long breaks lots of fun
Eating happily and every where run
Classes in music library n art
Just can't wait for them to start

Whole week gone and no one knows
Saturday Sunday come along to muse
All work done and lots of play
Waiting for Monday to come our way



Dr. Reeshika Verma
MBBS, DNB
Consultant Radiologist
Park Hospital, Panipat

Literature

Dr. Reeshika Verma, Radiologist by Profession has graduated from GMC Patiala, completed DNB Radiodiagnosis from Care Hospital, Hyderabad and Fellowships in Body Imaging and Neuroimaging from Medanta, the Medicity, Gurgaon. She frequently writes down her thoughts in poetic form and de-stresses herself by making pen sketches. She has a very fine hand while applying mehendi or while making a colorful Rangoli. She believes in taking care of her body and mind fitness, and dance is one of the best ways for doing so.

This composition is Dedicated to All My "Doctor Colleagues" Who face discrimination when ideally, they should be honoured...!!!

Stop! Don't come closer
 You might be a Dear One
 But you're a Doctor!!!

You are a COVID WARRIOR
 Ohh! That makes you 'infected'
 You might be a Carrier
 Though you deserve to be "Respected"

But I can't give you the same
 I believe I am selfish
 I'll remember you again
 If I feel feverish

I'll remind you of your duty
 Your concern is NOT your IMMUNITY
 To check my fever and cough
 Is everything you should think of!

Come near me... Do check me please
 Anyways you charge high fees
 You also have a family? What to me!
 My apt treatment is my only worry

.
 .
 .
 I am a Doctor, but I too am scared
 I am a comforter, but I too need to be cared
 What if I make a mistake?
 What if I need a break?
 Will you forgive me, For my shortcomings?
 Will you forgive me, For... I too am a Human Being!!!

~Reeshika

O Feto! Feto!

"While Talking to the Baby During Pregnancy Scans"

O Feto Feto, Tell me the Fact!
 Do you know that I see you
 Or is it your tact
 To Smile at me, And to Attract
 Making me devote more time to you
 Searching for Defects....!!!

O Feto Feto, Tell me one thing
 When I try to focus You
 Why you have to Kick...???
 You may be on your fun ride
 But I have my time fixed
 I can't even ask you to slow down
 Coz your Mother will Panic

O Feto Feto, I will tell you My Feel
 When I see Your Heartbeat
 It energizes Me
 You are Important to your Mommy, I know
 But seeing you Healthy, Even I glow!
 You Naughty Chap, I know you won't stop
 It's your best time Buddy, to have fun Non-Stop....

~Reeshika



Dr. Sumit Datta,
MBBS, MD
Consultant Radiologist

Literature

Dr. Sumit Datta is also a fellow Radiologist and presently works in Apollo Gleneagles hospital, Kolkata. He has written several Radiological articles and has also contributed a chapter in upcoming IRIA text book. He is a free-lance writer also. Here is his write up on Maradona. I am sure you will like it.

A SLICE OF MY {OUR} ADULthood

The World is ruled by few men – loudly said the history teacher and perhaps with a spike of pride.

I felt a elbow nudge from my fellow class mate, sitting beside me and with a wink of an eye, added – good or bad .

Suddenly, a range of imageries crossed my mind – Swami Vivekananda in the Chicago's conference of Religions; a tall man sitting in a chair and telling a band of goons that they kept him waiting, with a rolling match stick at the corner of this mouth and a wry smile [Mr. Bachchan in the film Deewar]; a paralyzed Physicist making waves with his maiden book – A Brief History of Time [Stephen Hawking]; but the tumbler of imagination reached its brim with the sight of a young Argentinian moving with a ball, dribbling past the mighty British defense and angling the goal of the century past Peter Shilton – the English Goal keeper (perhaps, the greatest keeper of his times).

This all came within minutes, Diego Maradona scored a controversial goal [the hand of God]; only to assert that he is the uncrowned monarch of Soccer, during his times.

This Quarter final match of FIFA World Cup 1986 (22nd June) had a different significance which went beyond the pitch of Mexico City Stadium, in the settings of Falkland War, fought between England and Argentina.

Within three days, the Semifinal Match between Argentina and Belgium (25th June), Maradona's performance as a game maker is heralded as a best performance, ever in the history of FIFA World Cup Matches.

His uncanny sense of dribbling and timing across the Belgium defense made Mexico City Stadium feel, that they don't exist. To cut a long legendary story, short; when the short statured Diego Maradona stood tall in the same venue – Mexico City Stadium with the FIFA World Cup (against Germany, Score Board reading Argentina : Germany - 3:2); only one has to appreciate that he is the only player in the history of World Cup who stood with the Cup and not with his individual Gold Medal (whereas all the Argentine Players stood beside him with their chest inflated with their Gold Medals). FIFA World Cup organizing team was in a soup that one Gold medal still remaining. Little to their surprise, to discover that it belongs to the Captain, Maradona. A cup for his Country , which he so long yearned for.



Holding the FIFA World Cup 1986 – the Cup of desire.

Gary Linekar (of England) score 6 goals to Maradona's 5. But two of his goals (one against England and the other against Belgium), went on to become the best and the second best goals of the century.



Dr. Sumit Datta
MBBS, MD
Consultant Radiologist

Literature



Maradona executing the unique soccer dynamics

Four years passed by. The man got albeit bloated with age, taking its toll on his physical abilities and soccer dynamics.

In 1990, Finalists remaining the same, but Score Board read differently depicting Germany, the winner.

The image Diego looking of the sky and tears rolling down his cheeks, was really heart breaking, as if sorrow crystalized along the cheeks of time.

With the passing of the Argentine Soccer legend he took away with him a chunk of our adulthood memories.

In 1978, when the final FIFA World Cup match was played between Argentina and Netherlands. Score Board reading Argentina : Netherlands - 3:1; Venue : Estadio Monumental, Buenos Aires. Mario Kempes, was the Argentine hero with Argentina picking up their maiden FIFA World Cup. Mario Kempes was the top scorer of the Tournament. That day (25th June 1978), the organizing committee entrusted a young boy to entertain the Stadium with a ball. Diego kept the ball approximately 15 minutes in the air with his exemplary skills.

One small time argentine reporter wrote that everybody will remember the Argentine victory and its hero, Mario Kempes; but nobody will remember the awesome skill of this boy.

Time proved that the reporter was wrong. The boy went out of the 1982 FIFA World Cup Tournament (after he was shown Red Card against Brazil, in Spain), packing Argentina back home; only to return victorious in the next Mexico World Cup. The rest is history.

In the corridor of time, debates surfaced time and again – who is the greatest. We are lesser mortals to judge legends, who bore, a class in themselves. Institutions can never be compared in the settings of time, place and person.

Edson Arantes do Nascimento [fondly known as Pele] had a strong team by his side. But, then again, the Brazilian legend lifted the FIFA World Cup – not once (1958), not twice (1962), but thrice (1970); missing closely in 1966.

Diego Maradona on the other – a winner (1986) and Finalist (1990); all by himself. But as said, lesser mortals should abreast themselves from this unnecessary comparisons. For in the sky of stars there is only a Sun and a Moon.

Till to this date, whenever we see the goal of the Century with the commentary of a Uruguan legendary commentator – Victor Hugo Morales; do give us goosebumps.

In capsule, never in the history of mankind that in the era of modern media did so many owe to a man for the pure joy and sheer sports brilliance that he has given us and shaped our imagination.

Diego – you have toiled a lot; pray, rest in peace.



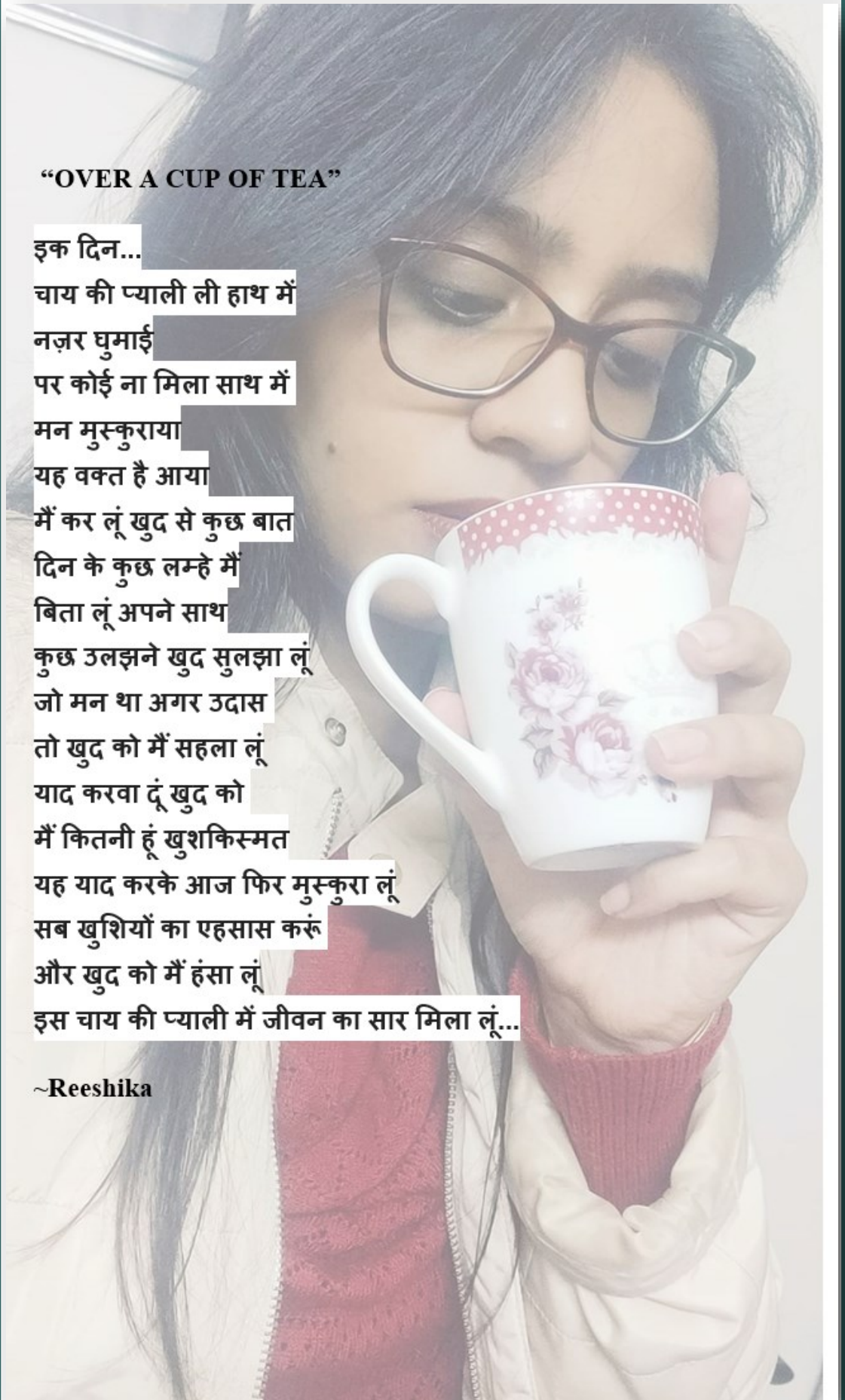
Dr. Reeshika Verma
MBBS, DNB
Consultant Radiologist
Park Hospital, Panipat

Literature

“OVER A CUP OF TEA”

इक दिन...
चाय की प्याली ली हाथ में
नज़र घुमाई
पर कोई ना मिला साथ में
मन मुस्कुराया
यह वक्त है आया
में कर लूं खुद से कुछ बात
दिन के कुछ लम्हे मैं
बिता लूं अपने साथ
कुछ उलझने खुद सुलझा लूं
जो मन था अगर उदास
तो खुद को मैं सहला लूं
याद करवा दूं खुद को
में कितनी हूं खुशकिस्मत
यह याद करके आज फिर मुस्कुरा लूं
सब खुशियों का एहसास करूं
और खुद को मैं हंसा लूं
इस चाय की प्याली में जीवन का सार मिला लूं...

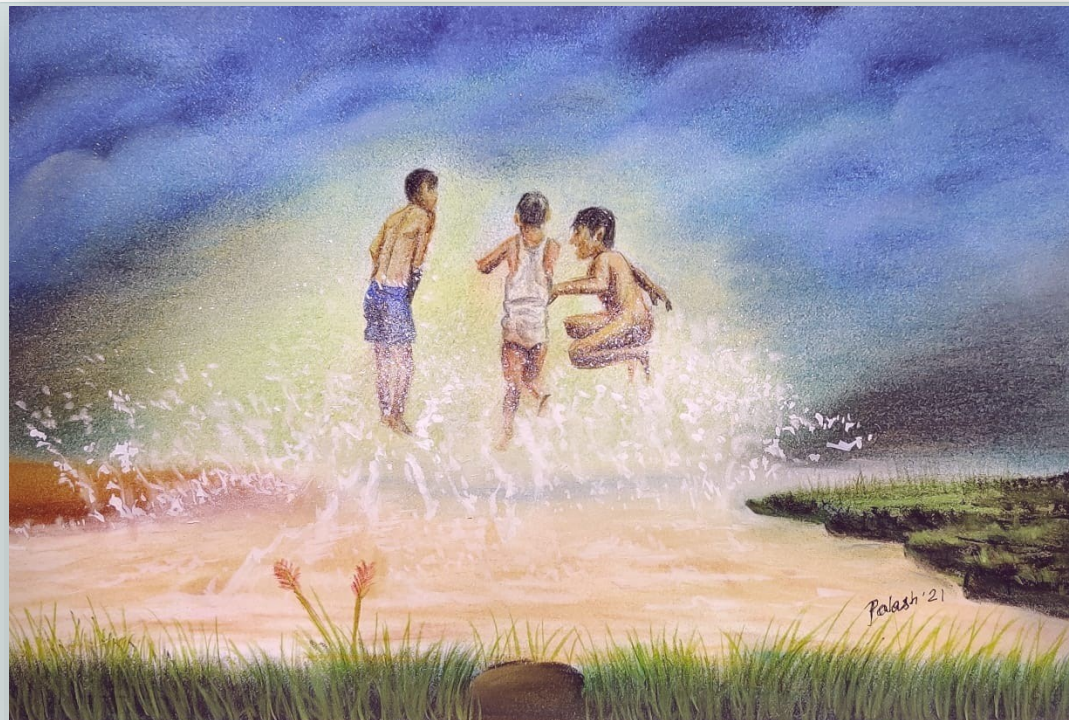
~Reeshika





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



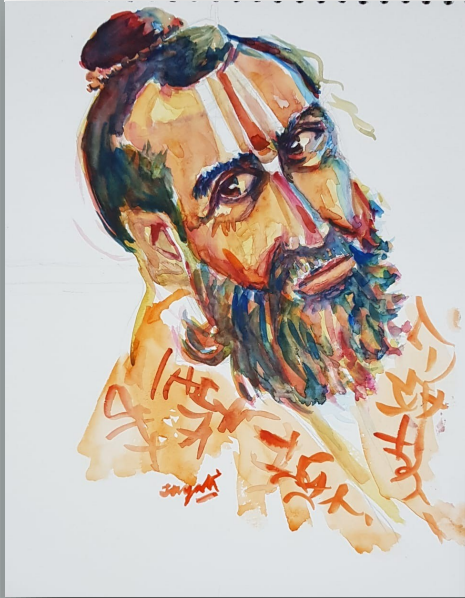


Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician

Art

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 AM-RI 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. I am sure you will love her art.





Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician

Art





Dr. Reeshika Verma
MBBS, DNB
Consultant Radiologist
Park Hospital, Panipat

Art

Dr. Reeshika Verma, Radiologist by Profession has graduated from GMC Patiala, completed DNB Radiodiagnosis from Care Hospital, Hyderabad and Fellowships in Body Imaging and Neuroimaging from Medanta, the Medicity, Gurgaon.

She frequently writes down her thoughts in poetic form and destresses herself by making pen sketches. She has a very fine hand while applying mehendi or while making a colorful Rangoli. She believes in taking care of her body and mind fitness, and dance is one of the best ways for doing so.





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 them.



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

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 paintings, which I am sure you will love it.



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.

Me In Front Of H.O.D. On Farewell Day Of P.G. Residency

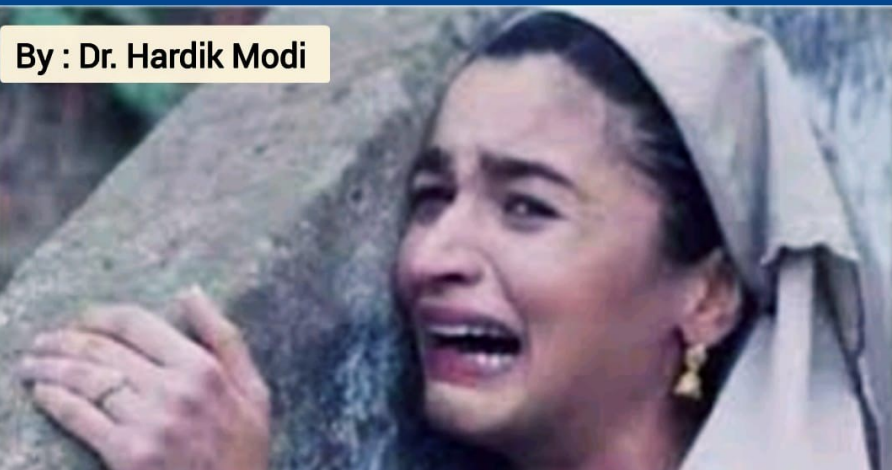


By : Dr. Hardik Modi

After Spending Thousands Of Rupees On MRI Report

MRI Report : NORMAL STUDY

Indian Patient : 👇👇👇



By : Dr. Hardik Modi



Dr. Hardik Modi,
MBBS. MD
Consultant Radiologist

**Humour
Memes**

Trying To Remember

"Classification And X Ray Findings Of All SKELETAL DYSPLASIA "

Exam Going Radiology Resident



By : Dr. Hardik Modi



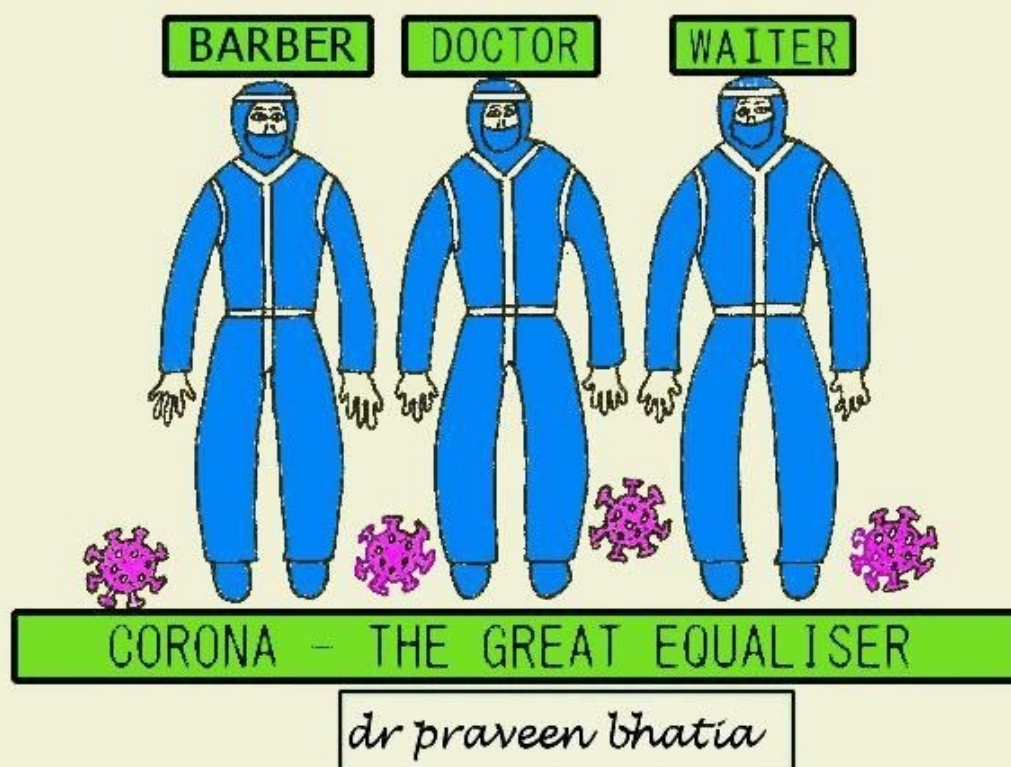
By : Dr. Hardik Modi





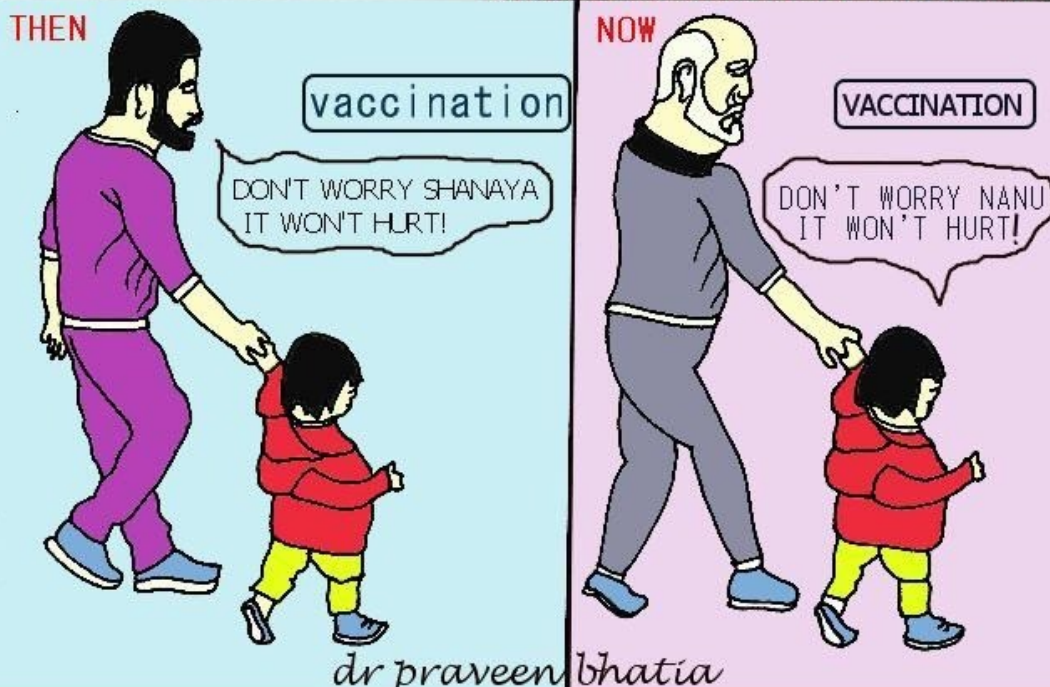
Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

Humour



KIDOLOGY WITH SHANAYA

ALL ABOVE 60 TO BE VACCINATED FOR COVID-19



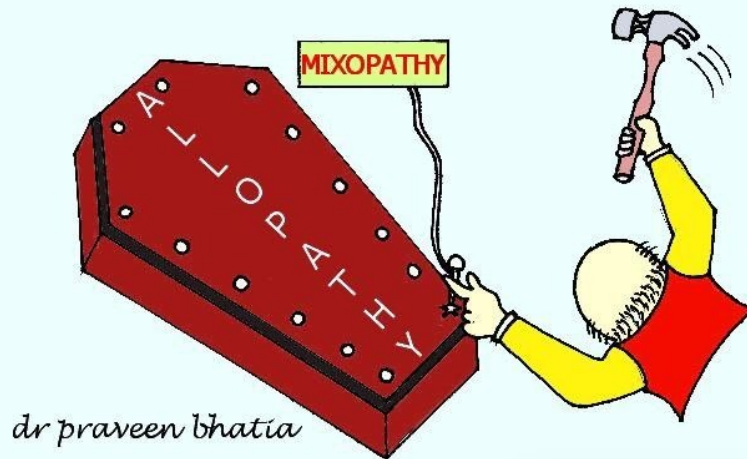
Dr. Praveen Bhatia is also a fellow Radiologist. He has done MBBS from UCMS Delhi and MD Radio-Diagnosis from Maulana Azad Medical College, Delhi. He runs a diagnostic centre at Faridabad, Haryana. He started cartooning initially as time pass during corona lockdown, enjoyed and then carried on. He is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



Dr. Praveen Bhatia,
MBBS, MD
Consultant Radiologist

Humour

THE LAST NAIL



PAKISTAN GIRL'S VIDEO GOES VIRAL
PETROL & COOKING GAS PRICES SPIRAL



YEH HUM HAIN



YEH HAMARI (SAR)CAR HAI



dr praveen bhatia
AUR YEH HAMARI PAWRI HO RAI HAI

PM NARENDRA MODI TAKES
INDIGENOUS COVAXIN FOR CORONA VIRUS





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-tymedics.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



PATIENT FIRST TIME
AAYA HAI, YE TO 30
WEEKS GESTATION LAG
RAHA HAI, NO ANOMALY SCAN

TRIPL
GESTATION

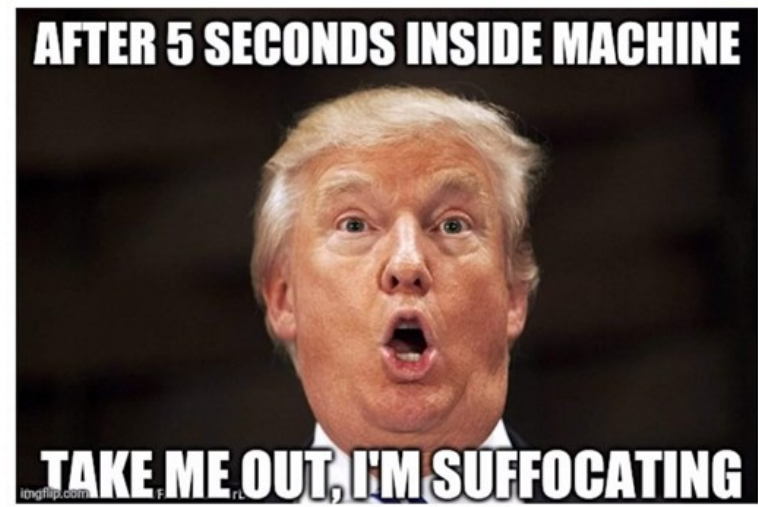
imgflip.com





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

Humour





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.





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

Glamour Photography





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.

Belgian Waffle

Homemade Belgian Waffle sounds interesting and is an effortless, delicious, tempting breakfast! These waffles are perfectly crisp and golden on the outside with deep pockets for holding syrup and butter while being light and fluffy inside! My family can have these waffles every single day, and they're truly just as easy to make at home!

Ingredients

1. 2 ¼ Cups All Purpose Flour(maida)
2. 1 Tablespoon Baking Powder
3. 3 Tablespoons Sugar
4. ½ Teaspoon Salt
5. 1 Teaspoon Cinnamon powder
6. 2 Large Eggs Separated
7. ½ Cup Vegetable Oil
8. 2 Cups Milk
9. 1 Teaspoon Vanilla Extract
10. 1 teaspoon chocolate powder

And don't forget to add lots of passion and love ...

Procedure-

In a large bowl whisk together all the dry ingredients -the flour, baking powder, sugar, salt, and cinnamon, and chocolate powder. In another bowl beat the egg whites with a hand mixer until stiff peaks form. Keep it aside.



In a separate bowl mix together all the wet ingredients the egg yolks, vegetable oil, milk, and vanilla.

Add the egg yolk mixture to the dry ingredients and mix well.

Fold in the egg whites. Preheat the waffle iron, brush with vegetable oil.





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

Pour the batter onto hot waffle iron and set on high temperature and let it cook (The cooking time may vary with different models)My iron takes ap-
proximately 15 min for waffle to have desired golden color .



Serve immediately with butter, syr-
up, powdered sugar or ice cream.



Nutrition(Taken from internet)



Calories: 319kcal | Carbohydrates: 35g | Protein: 6g | Fat: 17g | Saturated
Fat: 12g | Cholesterol: 47mg | Sodium: 189mg | Potassium: 284mg | Fiber:
1g | Sugar: 7g | Vitamin A: 160IU | Calcium: 148mg | Iron: 1.9mg





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Calcutta Canvas

Dr. Debjani Gupta is a paediatrician by profession. She is also an ex-student of R. G. Kar Medical College, Kolkata. She is now a Consultant at Narayana Multispecialty Hospital. In the previous few issues, we had read her poem, seen some of her sketches and have also read articles in Calcutta Canvas . This time again she covers an interesting landmark in Calcutta Canvas.

A SUNDAY MORNING AT GHARE BAIRE

Ghare Baire

The World, The Home and Beyond: 18th-20th Century Art in Bengal at the iconic Old Currency Building in Kolkata. Commissioned by the Ministry of Culture, Government of India, and curated and organised by DAG, in collaboration with NGMA.

This museum-exhibition showcases the richness and diversity of Bengal's art over the centuries while telling it's story and exhibits over 600 artworks. Inaugurated on 11 January 2020.

The Old Currency Building an early 19 century building (1833) is an Italian styled building in one of the busy business sector of the metropolis, BBD Bagh and faces the square.

With a rather interesting history it performed various roles down the centuries.

Starting of as the Calcutta branch of Agra Bank(1833) , becoming the Office for the Controller of the Currency (1868) and then taken over by RBI it was in use till 1994.

On the way to being demolished it was saved by the intervention of INTACH and KMC, with ASI taking over the custodianship which renovated it from 2005-2019.



Inaugurated by the Prime Minister on 11 Jan 2020 who dedicated and opened it as a Museum.

Beautiful wrought iron pillar gate and arches at the entrance of the building lets you in through a portico to an open air courtyard. This was the Central Hall which was formerly topped by 3 large domes with skylights that were demolished. The exhibition and the murals under the open skies look enchanting.

Floors covered by marble and Chunar sandstone, wide sweeping wooden staircase to the floors above, beautiful doorways and Venetian windows , wall space aesthetically designed and place with artworks and a welcoming si-

lence creates the perfect ambience to gaze at the marvels with pleasure.

Sectioned into 12 broad categories the visual delight was enriching and fulfilling.

A morning well spent.



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Calcutta Canvas



The open court-
yard

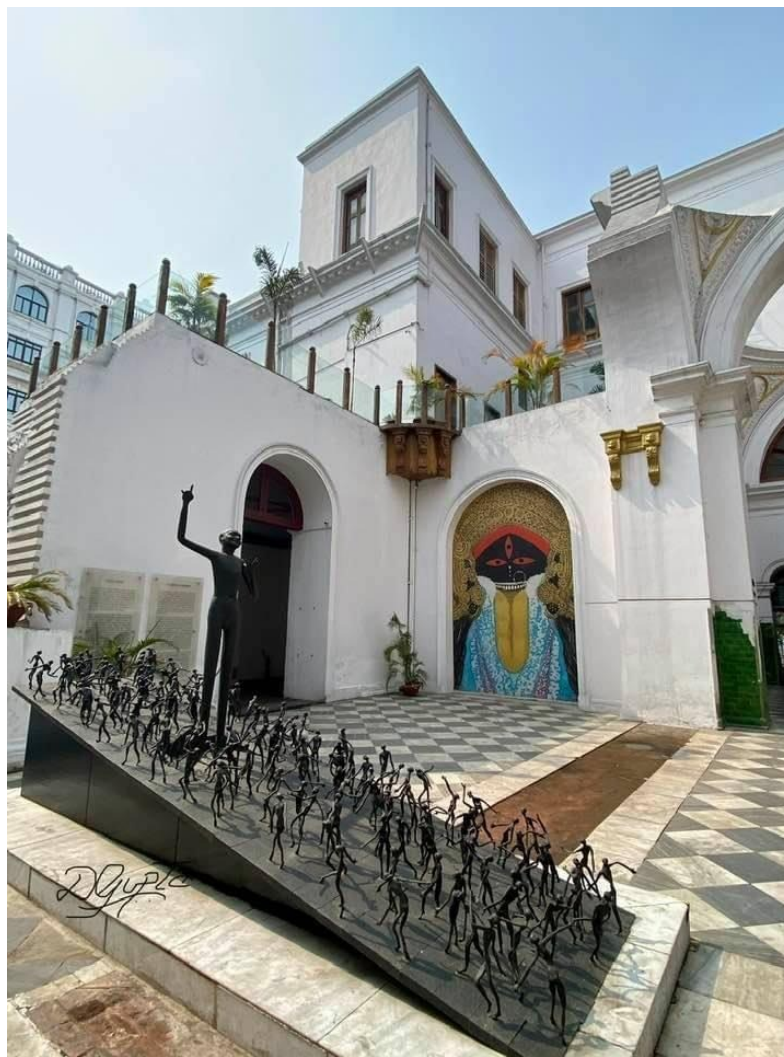


From the portico to the open courtyard

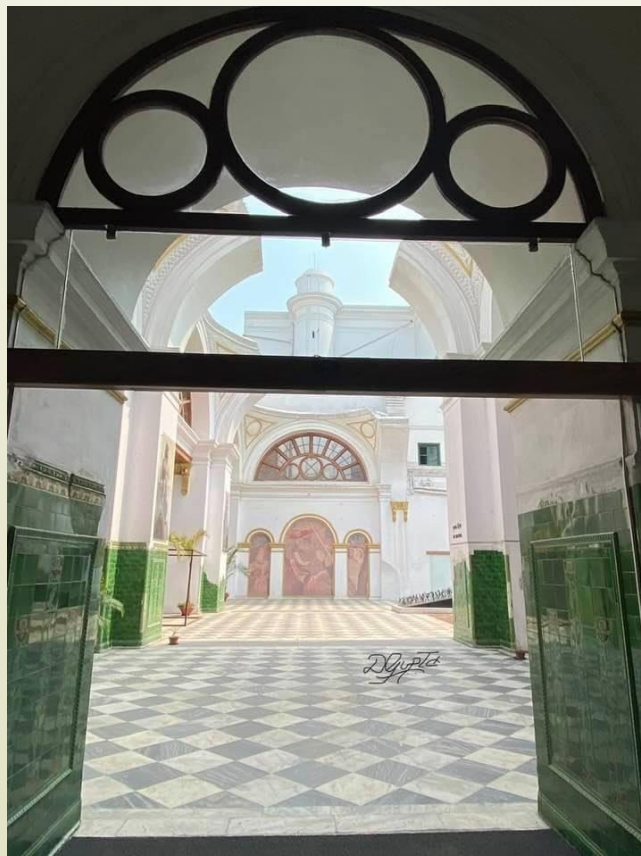


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**Calcutta
Canvas**



The art display open to
the skies



The mural on the wall



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Calcutta Canvas



**Wide sweeping
wooden staircase**



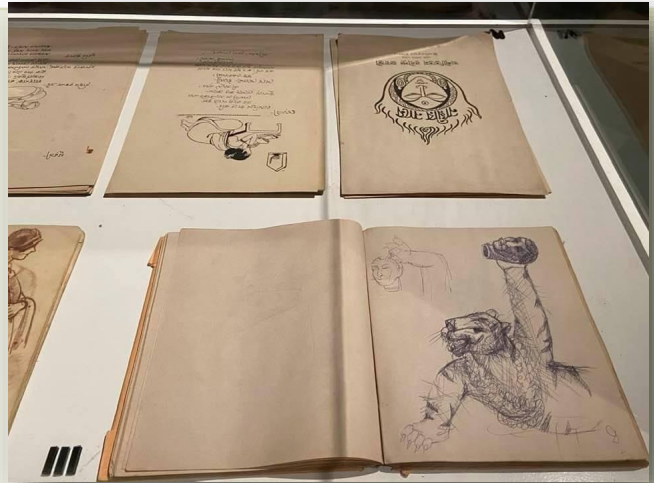
Sketch of The writer's building with The Black Hole monument



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**Calcutta
Canvas**



**Journals, past and
present**

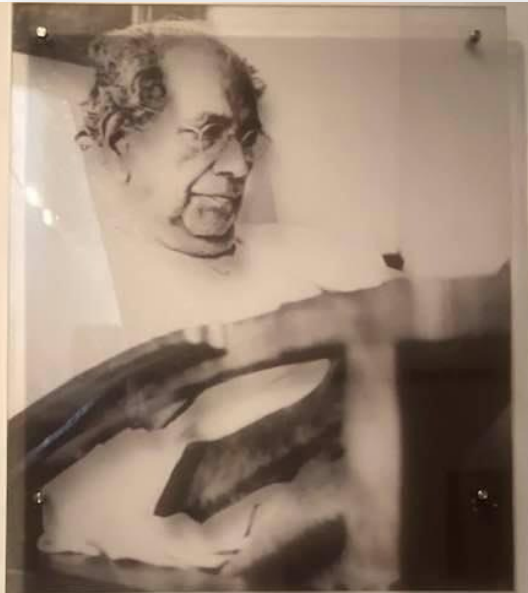


Old map of Calcutta



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Calcutta Canvas



Abanindranath Tagore

1871 Born on August 7 at Jorasanko
1890 Enjoys at Calcutta's art school
1897 Gets encouragement from E. B.
1900 Enjoys at Calcutta's art school
1903-07 Works with Japanese artist
1905 Paints the iconic 'Ganga' series
1907 Completes the 'Ganga' series
1917 Paints away on 'Ganga' series

অবনীন্দ্রনাথ ঠাকুর

1871-৭০ জরাসংক জন্ম
1890 কলকাতার আর্ট স্কুলে
1897 এ.বি. হোয়াসের কাছ থেকে
1900 কলকাতার আর্ট স্কুলে
1903-০৭ জাপানি শিল্পী
1905 'গঙ্গা' শ্রেণীর চিত্র
1907 'গঙ্গা' শ্রেণীর চিত্র
1917 'গঙ্গা' শ্রেণীর চিত্র



Jamini Roy

1887 Born in Belur, Bankura
1903-08 Studies at Government School of
1921-24 Transitions away from an
1934 Awarded the prestigious
1938 Exhibits for the first time in
1955 Honoured with Padma Bhushan
1967 Rabindra Bharati University
1972 Dies on April 24 at the age of 85

যামিনী রায়

1887-৭ জন্ম
1903-০৮ সরকারি স্কুলে
1921-২৪ আধুনিক শিল্প
1934 বিখ্যাত পদক
1938 প্রথমবারের
1955 পদ্মভূষণ
1967 রবীন্দ্র ভারতী
1972 ৮৫ বছর বয়সে



Gaganendranath Tagore

1869 Born on February 14
1890 The first modern art
1907 Paints the iconic 'Ganga' series
1914 Paints the iconic 'Ganga' series
1917 Paints the iconic 'Ganga' series
1921 Paints the iconic 'Ganga' series
1924 Paints the iconic 'Ganga' series
1927 Paints the iconic 'Ganga' series
1930 Paints the iconic 'Ganga' series
1933 Paints the iconic 'Ganga' series
1936 Paints the iconic 'Ganga' series
1939 Paints the iconic 'Ganga' series
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2005 Paints the iconic 'Ganga' series
2008 Paints the iconic 'Ganga' series
2011 Paints the iconic 'Ganga' series
2014 Paints the iconic 'Ganga' series
2017 Paints the iconic 'Ganga' series
2020 Paints the iconic 'Ganga' series

গগেন্দ্রনাথ ঠাকুর

1869-৭০ জন্ম
1890 আধুনিক শিল্প
1907 'গঙ্গা' শ্রেণীর চিত্র
1914 'গঙ্গা' শ্রেণীর চিত্র
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2020 'গঙ্গা' শ্রেণীর চিত্র





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 June, 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 May 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 : Viral Parekh