

"Without reflection,
we go blindly on
our way." ~ Mar-
garet J. Wheatley

Inside this issue

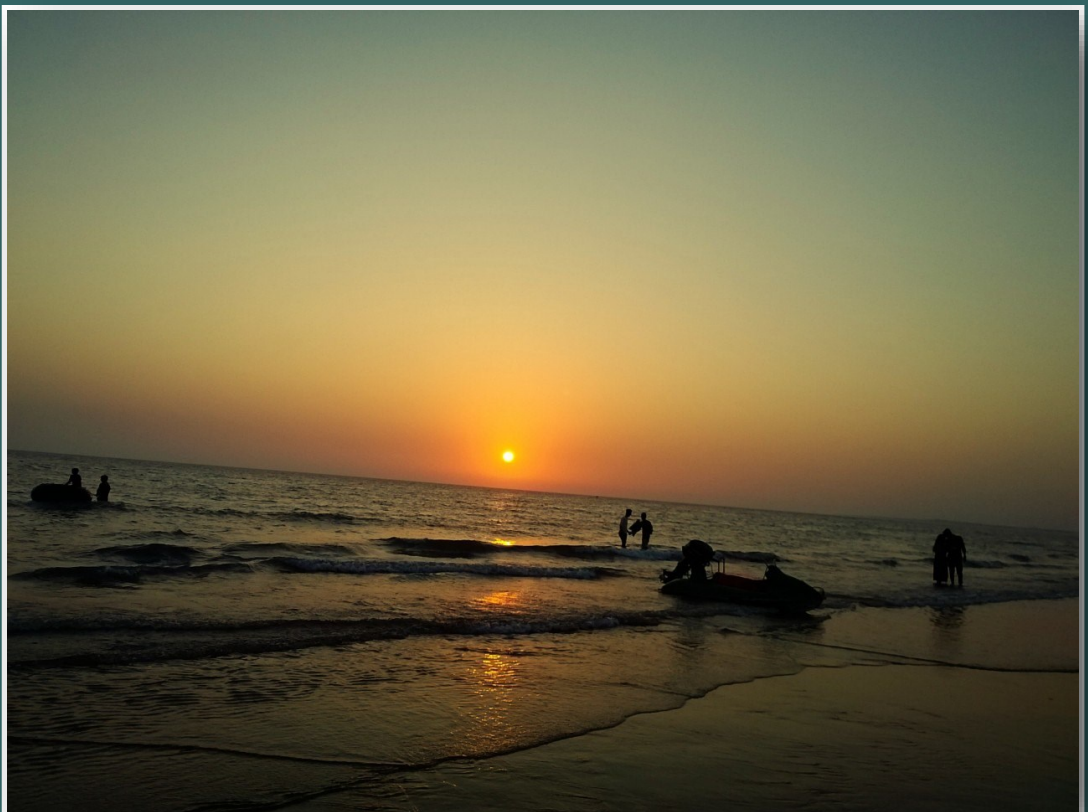
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"Don't dress for
anyone else, dress
so that you can
stare at your own
reflection in shop
windows walking
down the street."
— Lady Amelia
Windsor

Reflections

Volume II, Issue VI

June 2021



"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

Volume II, Issue VI

June 2021

Radiologist's Musings - Viral Parekh

Hi!, Namaste,

Here is fifteenth issue of Reflections but I am still not elated.

India is reeling under enormous impact of COVID pandemic and it is really disheartening to see people suffering like this. But the situation is much better now than what was about a month back. But this second wave was quite imminent. When vaccines were easily available, even many from medical fraternity were not willing to take vaccines. 80 percent of the population does not wear mask properly, it does not cover nose and mouth but hangs on mandible. Politicians of all hues are responsible. Most of the politicians were caught pants down. Many politicians and social media posts were trying to misguide people and discouraging people to take vaccines. Many politicians were questioning the efficacy of home made vaccines.

I would blame the people equally. Different governments and general population had become complacent and were taking the pandemic lightly. But, a lesson has been learnt and it is showing results. But, one must never let the guards down.

The medical facilities were buckling in late April and early May under the enormous pressure of disease among a massive population. But, there is a silver lining and I hope we will bring this pandemic under control in near future. India has so far vaccinated 20 crore { 200 million} people approximately and vaccination drive is on. This is a huge achievement considering our limited financial resources and massive population. We, the medical fraternity; are fighting to bring this pandemic under control but it requires support of general population to behave sensibly and Governments on their part will have to be proactive and will have to fight this pandemic with all guns blazing.

Literature, art and music are the only things which can help and distract us in such challenging time. Literature is basically an art in written form. There are various types of literary work like prose, fiction, poetry, drama and so on. There is another art form and that is oral literature or folk literature. In present day scenario, the podcasts have become the modern way of folk literature. Now, you have podcasts on almost everything, even in our medical science there are podcasts on almost every subject. It is quite interesting how long these podcast will attract the mankind but for now, they are ruling the roost.

Modern day music has also come a long way and these are quite interesting times for music composers and singers. Any musician/singer can record and produce music just with the help of two things - a laptop and a DAW - Digital audio workstation. Scientific advances have made life of musicians easy but it has also stolen some pure music because many a times musicians use recorded loops and use synthesized music rather than using an original musical instrument. Having said that, music in any form still remains the best stress reliever.

This issue would not have been possible without the help of Dr. Gurpreet Gulati, Dr. Rohini Patil, Dr. Sumit Datta, Dr. Rajesh Botchu, Dr. Varsha Vaishnav, Kanchan, Dr. Hardik Modi, Dr. Praveen Bhatia, Sushanta, Dr. Shalini Agarwal, Dr. Sanjeev Handique, Dr. Debjani Gupta and Dr. Juni Menon. I am obliged and sincerely thank all of them.

That's all for now. Take care and stay safe.



Music



Clarke Tin whistle is also a type of flute and the one shown in the picture is from my collection of musical instruments and is in the scale of C. It comes with fingering chart and is like most of the flutes has 6 holes. This whistle was created by a poor farm labourer, Robert Clarke way back in 1843 in Coney Weston.

The back of the box shows the history of this whistle.

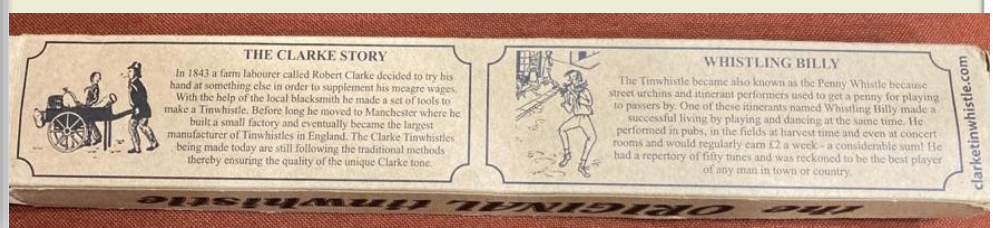
To supplement his meagre income, Robert Clarke with the help of local blacksmith made a set of tools to make a tin whistle. Clarke heard about the invention of tin plate and asked blacksmith to help him to copy the design of his wooden whistle using tin.

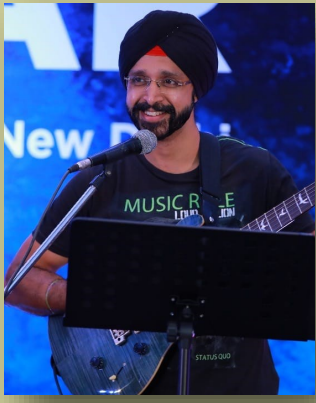
Later on he moved on to Manchester where he set up the factory in a shed and soon became a successful manufacturer.

He eventually made so much money that he was able to build two houses, a factory and a church in the nearby village of New Moston.

These whistles are being made today still following the traditional methods thereby ensuring the quality of the unique Clarke tone.

The tin whistle were also known as the Penny whistle because street urchins and travelling performers used to get a penny for playing to passer by. One of these performers named Whistling Billy made a successful living by playing and dancing at the same time. He had a stock of fifty tunes and was reckoned to be the best player at that time.





Dr. Gurpreet Gulati
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ogy and Interventions,
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Literature

Dr. Gurpreet Gulati is
a Radiologist turned
Singer-songwriter,



composer-producer
and performer. He is
also known as Jo-
erocks. He writes po-
ems also and here
are some of them,
which I am sure you
will like.

एक एहसास

गुरप्रीत (JOEROCKS)

एक एहसास
दर्ज है
कुछ रेखता लफ़्ज़ों में
जो लिखे थे कभी
मैंने तन्हाई में
पर छिपा के रख लिए
कागज़ की सिलवटों में

1

एक एहसास
हर्ज है
दिल पे करी वोह दस्तक
जो आयी थी बन के पैग़ाम
कभी तेरे इश्क़ की
पर नशतर सी चीर गयी
तेरी बेवफ़ाई में

2

एक एहसास
क़र्ज़ है
तुझपर उस सुनहरी शाम का
जब खायी थी क़समें
साथ निभाने की
पर खाक हुई सब, जब दूर हुई
तू मेरी नज़रों से

3

हकीक़त यह है
की मेरा भी
एक फ़र्ज़ है
सभी एहसास महसूस करूँ
तेरी फ़िराक़ कबूल करूँ
और तुझे आज़ाद करूँ
तेरे किए सभी गुनाहों से

4

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gulatigurpreet@rediffmail.com
<http://www.youtube.com/user/gurpreetgulati>
website: <https://www.joerocks.org/>
<https://www.facebook.com/DocJoerocks>
<https://www.facebook.com/gurpreet.gulati.12>
https://www.instagram.com/joerocks_aka_gurpreet
Band name (live performances): The Joerocks Collective



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Literature

क्या मैं पसंद नहीं या मेरे साथ से डरती थी वोह

कविता



रोज़ दिखती थी स्टेशन के बाहर
बगल वाली सीट पे बैठती थी
कभी फ़ोन, कभी क़िताब
कभी खिड़की से बाहर देखती थी
नाम नहीं बताती
आँखों से बातें करती थी वोह
क्या मैं पसंद नहीं
या मेरे साथ से डरती थी वोह



छू जाए ग़लती से हाथ
तो अपनी उँगली समेट लेती थी
फ़ोन आए मुझे किसी का
तो छिपी नज़र से नाम पढ़ लेती थी
पूछ लूँ कभी, कैसी हो
तो जवाब नहीं देती थी वोह
क्या मैं पसंद नहीं
या मेरे साथ से डरती थी वोह



एक दिन मैंने, यूँहि कहा
अक्सर पास बैठा मुसाफ़िर
दोस्त बन जाता है
लम्बा सफ़र बिताने में
एक सहारा बन जाता है
तो बोली, ढूँढ लीजिए किसी को
मुझसे उम्मीद क्यों रखते हो
क्या मैं पसंद नहीं
या मेरे साथ से डरती थी वोह



अगले दिन मैंने खुद ही
बदल डाली बैठने कि जगह
अब ना रही हिम्मत
ना उसे जानने की वजह
मन को अस्मंजस में डाल
भीड़ में कहीं खो गयी थी वोह
क्या मैं पसंद नहीं
या मेरे साथ से डरती थी वोह



बीते महीने, गुज़रे कयीं साल
रोज़ जो खुद से पूछता था सवाल
मिला ज़वाब एक पॉकेट में छिपे
कागज़ में
कोरा था, पर और क्या ही लिखती वोह
क्या मैं पसंद नहीं
या मेरे साथ से डरती थी वोह....



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Literature



POCKETS

*What have you got there
Yes, in those small pockets
You hold clasped, sewed close
Within your desperate heart*

*Do they hold fear, cuts or shame
Do they hide tears, loss and blame
Or is there someone, deep inside
You carry, without a name*

*Are there virtues, now undone
Are there dreams, never fulfilled
Is there a man you once were
That desires buried, eventually killed*

*It's so easy to let in words,
Those looks, taunts and the tease
Trying to shape and make you someone
Willing to beg, wanting to please*

*These spaces, dark but ever-inviting
The more we grow, the more we fill
Coz it's easier to always fit in
And harder to act on free will*

*Would you ever think about
Emptying them, all at once
Would the ugly, improper kid unravel
Will he ever get the chance....*

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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.

THE WEEK

Weekend's gone
Lazy hours done
Give up "moanday"
Greet your Monday

Time to gear
Time to brace
Here comes Tuesday
Welcome with grace

Half week's gone
Half job's done
At our highest gears
Wednesday cheers

Happy handshake
With the Truthful
Thursday
On a happy note
Got the weekend
To dote

Warm welcome
Friday 's just come
Tasks nearing end
Time to plan the weekend

Saturday sizzling
Happy thoughts drizzling ☐
Two full days of freedom
Sheer happiness no boredom

Cherry on the Cake
Sunday for my sake
Relax n Pray
Dream whole day
A fresh new week is
Coming my way...

SELFLESS SACRAMENT

In this hour of dread and need
Of endless wait n too less speed

We are the ones safe and educated
Who can reach out to those who feel
subjugated

Let all the acts be full of kindness
Let them heal and spread little happiness

But one thing we always ought not forget
Do your bit and let everything rest

Like a flower that lets out it's fragrance
for free
Like a comforting shade given by a tree
Like a shower of rain that lights up all
minds
Like a cool little breeze that blows away
all sighs

So I keep going ahead without hesitation
For am sure" HE" watches me move
from good to perfection

BLACK PEARL OF MY DREAM

In this hour of war and terror
How I wish I had an armour

On high seas would my BLACK PEARL
sail
She would always triumph and never
fail

Our first priority would be peninsular
waters
Make them clear of any intruders

Next goal would be Aksai China
South China sea being the patrolling are-
na

The magical ship would sail few miles
And just before the target submerge
some nautical miles

To re emerge just below their noses
And give them a terrible shock of their
lives

She wouldn't be visible through the sat-
ellite images
Nor with radars or hydro acoustic sen-
sors

Much superior to a silent submarine
She would control the navy like a savvy
queen

Just then...the alarm clock rings I open
my eyes
I remember my chores and hate to say
good byes

Don't worry darling black pearl
We'll surely meet again
Once I drop on bed and close my eyes
The war strategy we resume again



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 LADY FOR ALL SEASONS

Rains came with the promise of Greens
She came, likewise, to green my life.
She moved and Seasons used to change,
Colours of varied range ,
used to touch my heart ,
and , Sun used to shine
Alas ! when I woke up
it was morning - fine.

*Poet's note : I was commissioned to attend my daughter, playing at park .
As I sat on my bench , looking vacant to the nature yonder ; a bevy of
young girls passed by . The lead amongst them wore an aroma , unique to
her persona lead me , to a state of trance . The result: a poem .*

Painting by Dr. Sanjeev Handique



Dr. Sumit Datta
MBBS, MD
Consultant Radiologist

Literature



EARTHLY TWINKLES

A light , lit in the vast darkness
Simple , yet subtle
Lot of feelings,
String of dialogues
Range of emotions,
hidden in the shade of that remote light
A twinkle star , on Earth.

To a kid , it simply exists
To a poet , it brings forth hope
To a scientist, it is unique; and
to a realist, it is life incarnate
A twinkle star , on Earth.

Nostalgia creeps in my mind,
as I move, along the undulating village plain,
that remote light brings me
the message of warmth and love.
Close encounters of my near and dear ones,
fills my heart with joy
and I back home, with heart's content.
It's my twinkle star on Earth.

Painting by Dr. Sanjeev Handique

Poet's note: I was born in a village, brought up by my grandparents. Often , I returned to town (to my parents) usually by night . On my journey, the distant village and hamlet lights used to convey lot of message to a child's mental canvas . Along with came folk tales and weird imageries culminating in a poem .



Dr. Sumit Datta
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Literature

MOTHER INDIA

**When ignorance came over the land as dark clouds,
and religious fanaticism, overpowers dogmas,
When law and order are a cadaver
It's She - the terminator
If India lives - who dies ?**

**When foreign lands, eyes at her prosperity
and war became , the only priority;
When threats are both, in and out
It is She , who solves it out .
If India lives - who dies ?**

**When there is famine and drought,
and acres of land , dries out.
When the timing millions dies,
It is She , who malices .**

**If India lives - who dies ?
If India dies - who lives?**

Poet's note :

*No matter where I roam - in Rome or Nice ; but no circumstances can
take the India , out of me . Swami Vivekananda was subconsciously at
the back of my mind ; resulting in this poem .*



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 culoskeletal Radiol-
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 dic Hospital,
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Art



Life is like an ocean- one can sail through with correct boat and crew!!!

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). Some of his paintings published here are his original creation and some are learnt from YouTube. I am sure you will love his collection of paintings here.

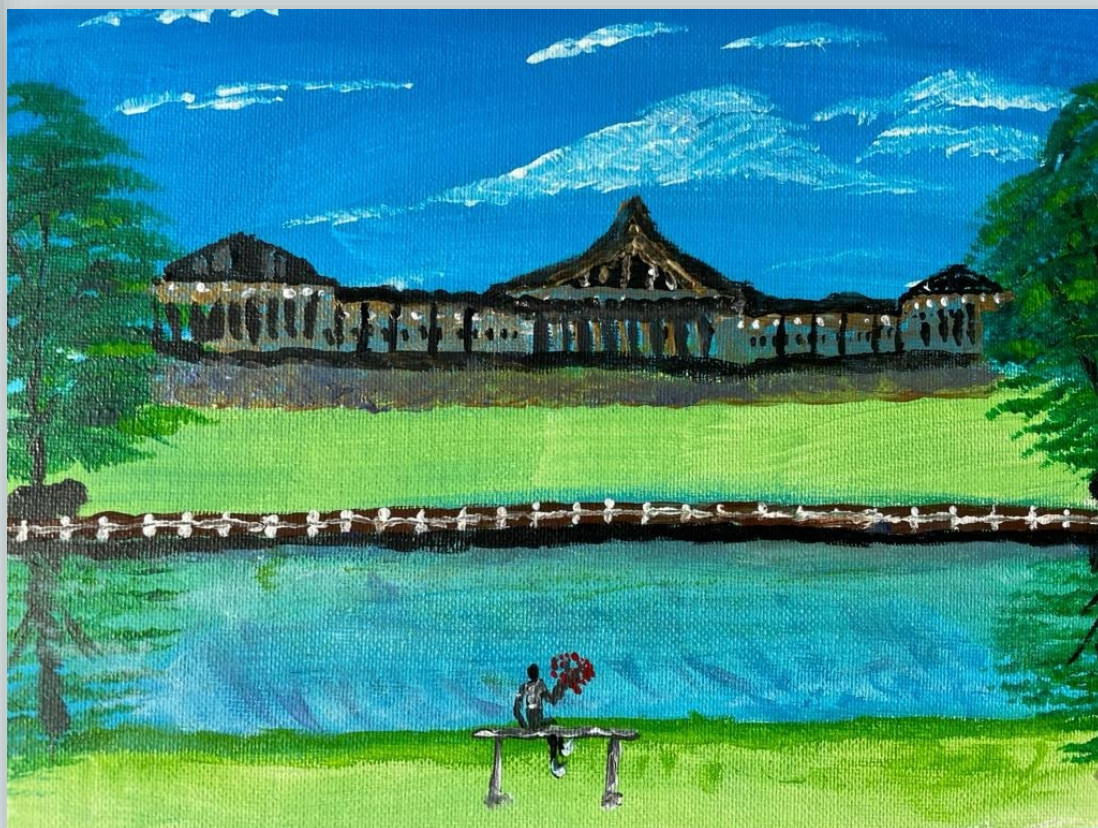


Life and seasons like Spring - new life, new opportunities



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dic Hospital,
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Art



No harm in dreaming and aiming high as long as you put in hard work



Reflection can be motivation for success



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Art



Make the most of what one has- basic colours can be pretty !!!



Night is time of reflection for brighter morning



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Art



Spring is springboard for summer- future can be modified based on events in past and present



Looking positive in others can be beautiful and will infuse positiveness in you



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Art



Make complex things simple can enable one to achieve the target



Cold, wind and beauty- Peace of mind and soul is important !!



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Art



Life is a journey with Light at the end of tunnel!!

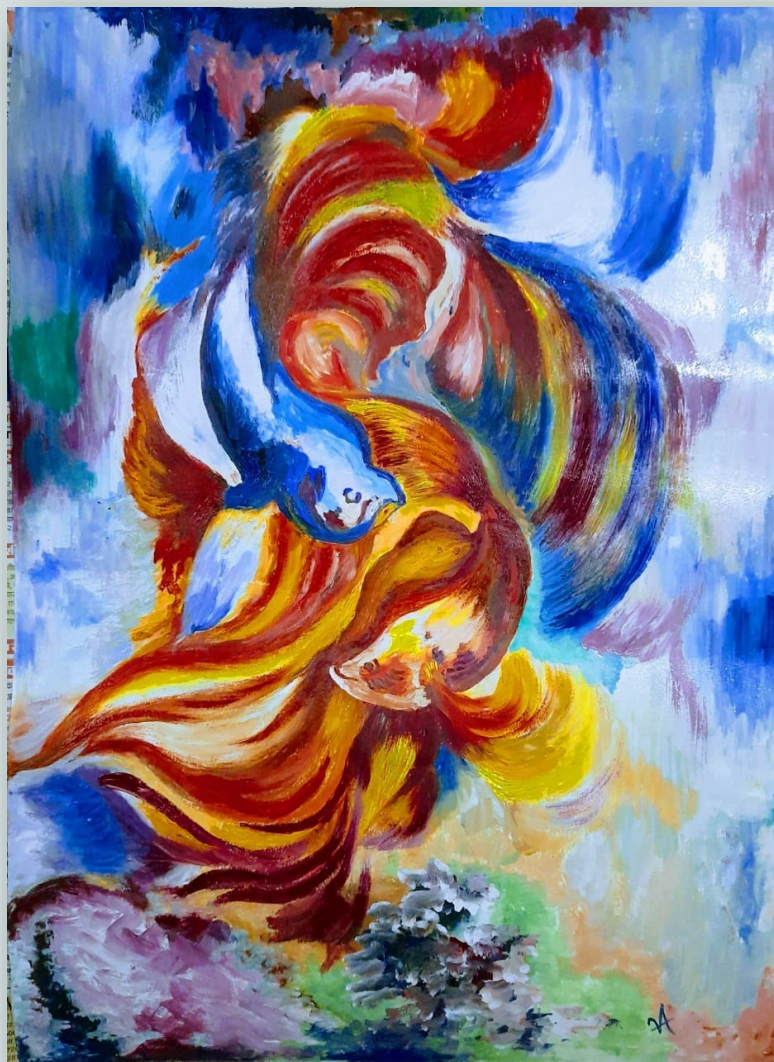


One is a reflection of his deeds!!!



Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmolo-
gist,
Bhopal, MP.

Art



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



Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmolo-
gist,
Bhopal, MP.

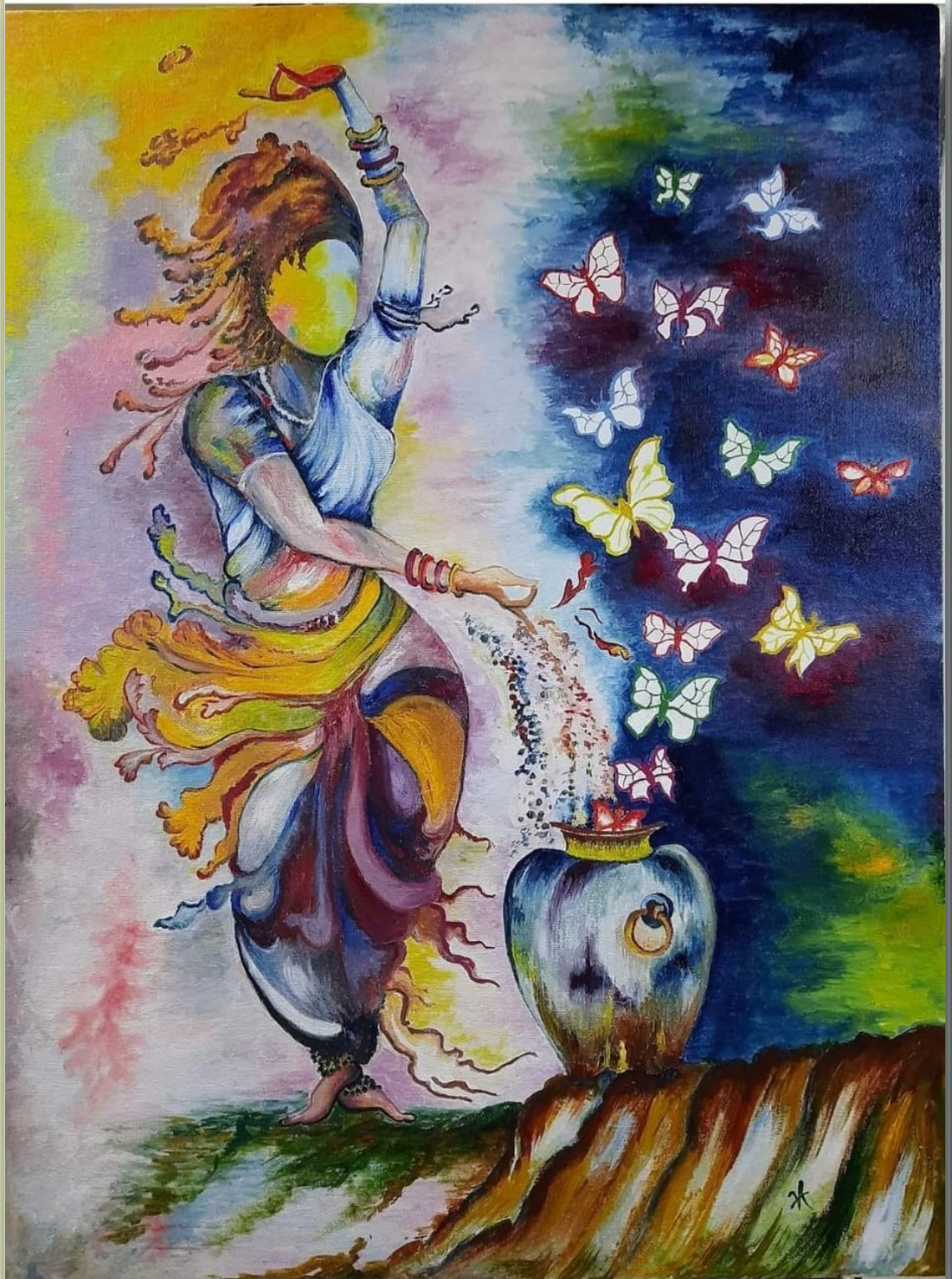
Art





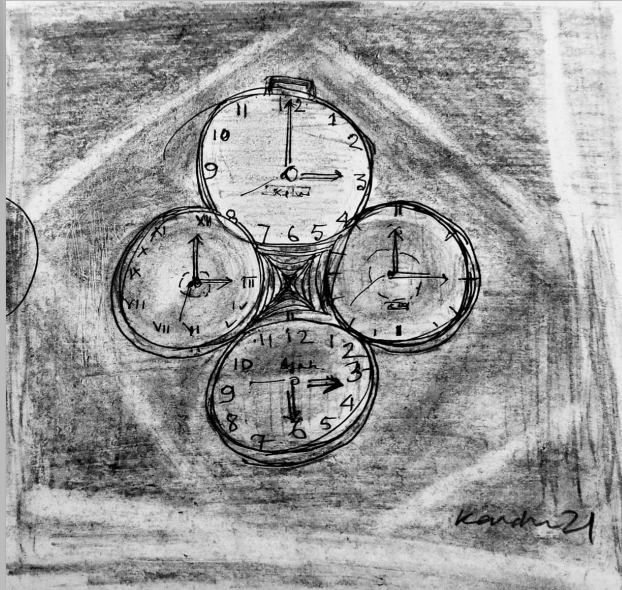
Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmolo-
gist,
Bhopal, MP.

Art



A surreal approach to describe the lockdown

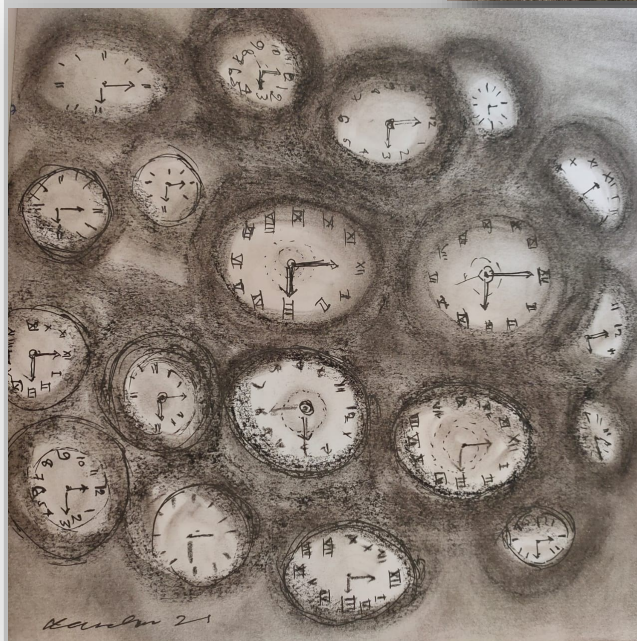
Daliesque



Time Out 1



Time Out 2



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. 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 : Are Achha Hai Yeh Toxic Internal Examiner
Pichhle Saal Final Viva Me The...**

Iss Baar Exam Me Pakka Nahi Aayenge 😊😊😊





Dr. Hardik Modi,
MBBS. MD
Consultant Radiologist

**Humour
Memes**

USG Report Impression :

A Tiny (Size : 3 mm.) Hypoechoic Lesion In Right Lobe Of Liver ?? Significance

By : Dr. Hardik Modi



After 9 To 5 Departmental Duty
Following Resident's Evening Be Like





Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

Humour

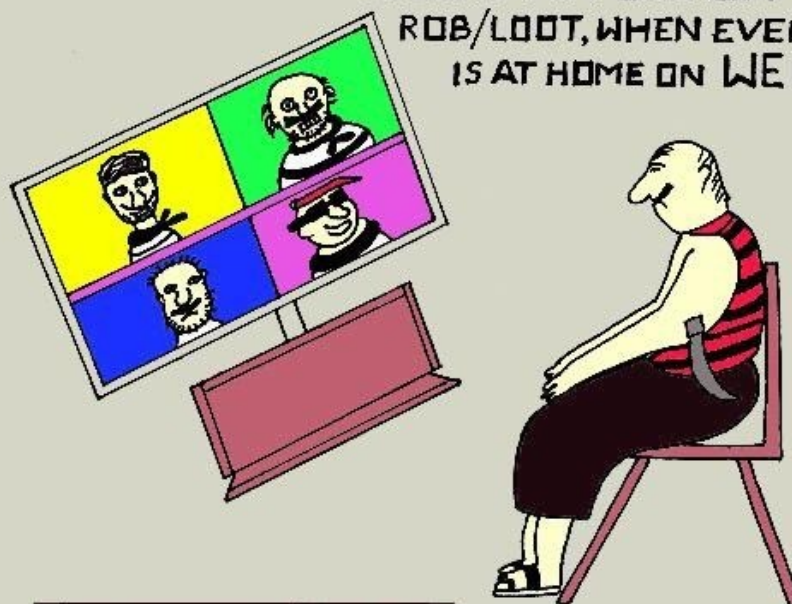
Dr. Praveen Bhatia is also a fellow Radiologist. He has done MBBS from UCMS Delhi and MD Radio-Diagnosis from Maulana Azad Medical College, Delhi. He runs a diagnostic centre at Faridabad, Haryana. He started cartooning initially as time pass during corona lockdown, enjoyed and then carried on. He is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

SHIP STRUCK IN SUEZ CANAL CORONA CASES INCREASE IN INDIA



dr praveen bhatia

WEBINAR ON HOW TO ROB/LOOT, WHEN EVERYONE IS AT HOME ON WEBINAR



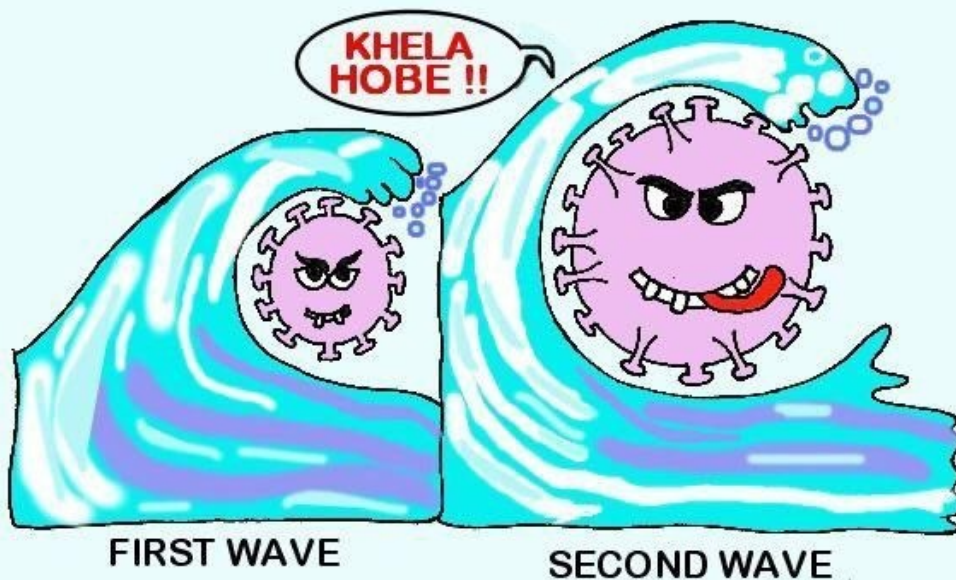
dr praveen bhatia



Dr. Praveen Bhatia,
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Consultant Radiologist

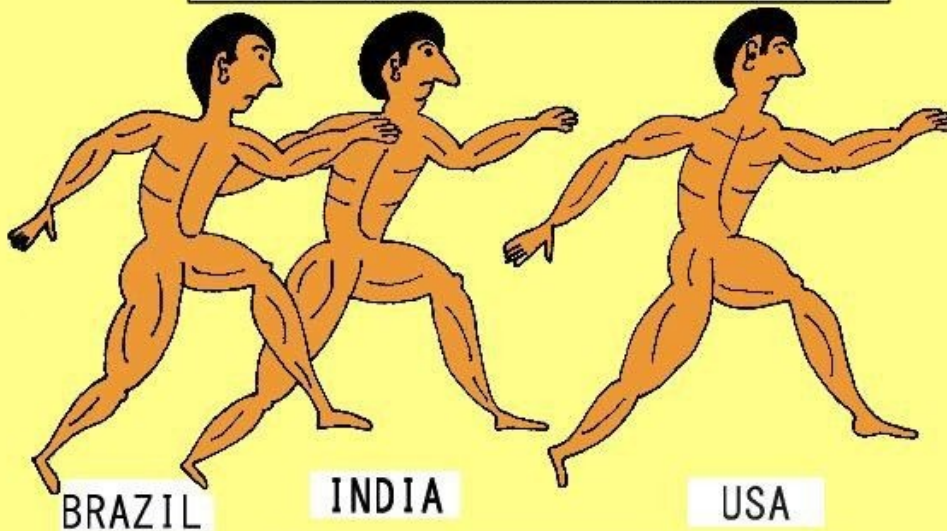
Humour

SECOND WAVE OF CORONA CAUSES MASSIVE INCREASE IN NUMBERS
MASSIVE CROWDS WITHOUT MASKS IN ELECTION RALLIES IN W.BENGAL



dr praveen bhatia

CORONALYMPICS



CORONATHON RACE

dr praveen bhatia



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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**Glamour
Photography**





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Glamour Photography





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

Culinary Arts

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 musculo-skeletal radiology also. Her hobbies are Reading, writing, and cooking. Here are two of her poems, which reflect her thoughts on on-going COVID pandemic. I am sure you will like them.

Black rice is black or Black-purple in colour. It is due to a pigment called Anthocyanin which is a potent antioxidant. In ancient China it was also known as 'the forbidden rice,' as it was considered so unique and nutritious that it was forbidden for the common people. It has following benefits:

- **High source of nutrients:** A 1/4th cup (45grams) of uncooked rice provides:
 - Calories: 160
 - Fat: 1.5 grams
 - Protein: 4 grams
 - Carbs: 34 grams
 - Iron: 6% of the daily value.
- **Rich in antioxidants:** It contains over 23 plant compounds with antioxidant properties and protects against a number of chronic conditions, such as heart disease, Alzheimer's disease, and certain forms of cancer.
- **Contains the plant compound Anthocyanin:** It has a strong anti-inflammatory, antioxidant, and anticancer effects.
- **May boost heart health:** Anthocyanin has also been shown to help improve cholesterol and triglyceride levels.
- **May have anticancer properties.**
- **May support eye health:** Antioxidants are known to protect against age-related macular degeneration (AMD)
- **Naturally gluten-free.**
- **May aid weight loss:** There is an association with lower blood sugar levels and may decrease risk of non-alcoholic fatty liver disease (NAFLD)
- **"According to a study presented at the 240th National Meeting of the American Chemical Society (ACS), "one spoonful of black rice bran contains more anthocyanin antioxidants than a spoonful of blueberries and better yet, black rice offers more fiber and vitamin E antioxidants, but less sugar."**



SOURCES (Open Source):

1. <https://www.healthline.com/nutrition/black-rice-benefits#910.-Other-potential-benefits>
2. <http://www.blackrice.com/>



COOKING BLACK RICE

I cook black rice in one of the following ways:

INSTAPOT: Steam in approximately 500ml of Stock (veg/nonveg) for ½ hour. I then strain the extra water.

Conventional cooking: I use approximately 750 ml of

Stock (veg/nonveg) to boil rice till they are tender and then strain the remaining water.

Once cooked, 'Black rice' has a blackish- purplish colour and has a chewy and nutty flavour. It can be stored in the fridge for at least a week. After that, it is up to you how you want to use it. I am attaching pictures of 'Black rice raita' and a salad.

Black rice raita: Just add the cooked black rice to diluted curd. You can vary the consistency of the curd as per your preferences.

Black rice salad: My salad contains cucumber, spring onions, roasted peanuts, steamed chickpeas in addition to black rice. Just use your imagination.



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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.

RAJA RAMMOHUN ROY MEMORIAL MUSEUM

Simla House, a historic building which was the residence of the Father of the Bengal Renaissance, the Father of modern India and one of the Founders of the Brahmo Sabha.

It took me 2 decades to pause and make my way there (though I have driven down the road umpteen times) and enter the hallowed portals.

What do I write?

What did I see and feel?

What did I marvel at ?

How does one lifetime reach out and touch the core even after two centuries.

I do not have answers to that .
It is too vast to even comprehend.

Time stood still when I entered the elegant colonial era residence of 1800s .

The sketches, paintings, excerpts from his writings, the original books, the replica of the period furniture all came together to weave a tale of the social fabric of Bengal of bygone era.

But even more than that it was the ambience that overwhelmed. Being the lone visitor at that point in time in a huge grand heritage building on the very floors of which walked great souls it was like treading a socio spiritual path for me to a bygone era.

Walking on the grounds behind the house...

Walking up the staircase to the first floor (wherein resides the museum) ...

Walking through the intercon-

connected high ceilinged rooms...

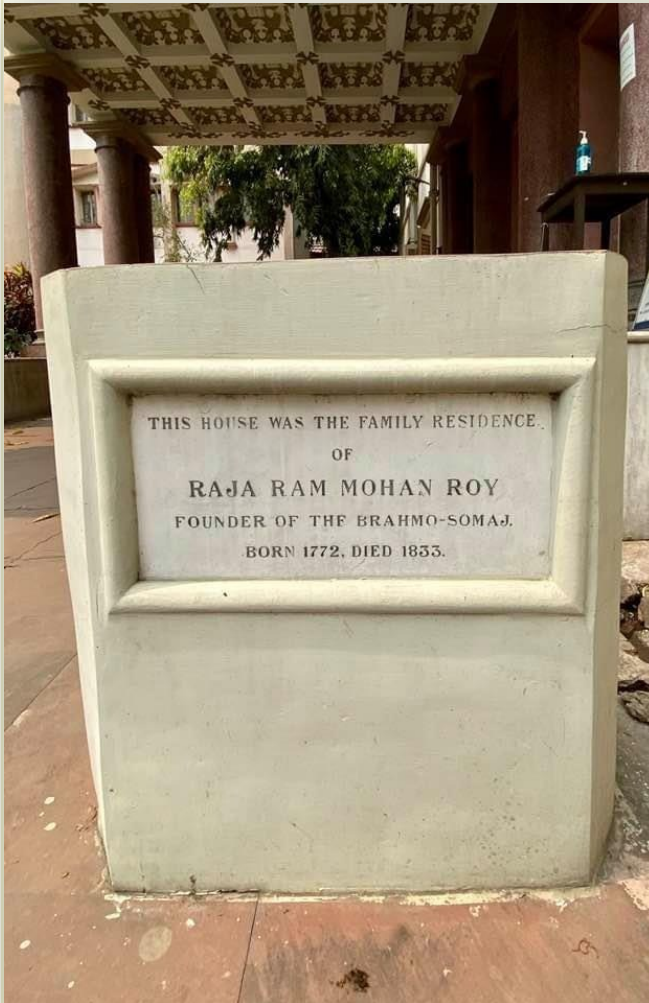
And best of all standing on the first floor encircling veranda (which offers a birds eye view of the grounds) and soaking it all in.

There is a library well stocked with old and rare books.

The rather grand looking outhouse at the back houses Aparajitaa now, a project on vocational training for women.

There was joy in the solitude as it let me feel and empathise and marvel at the aesthetics of the timeline preserved here. At the same time there was a sadness at the complete silence within the great walls which resound with the talk of visual history and heritage and the recurring thought...lest we forget!

A place where facets of history can be felt to have been born.

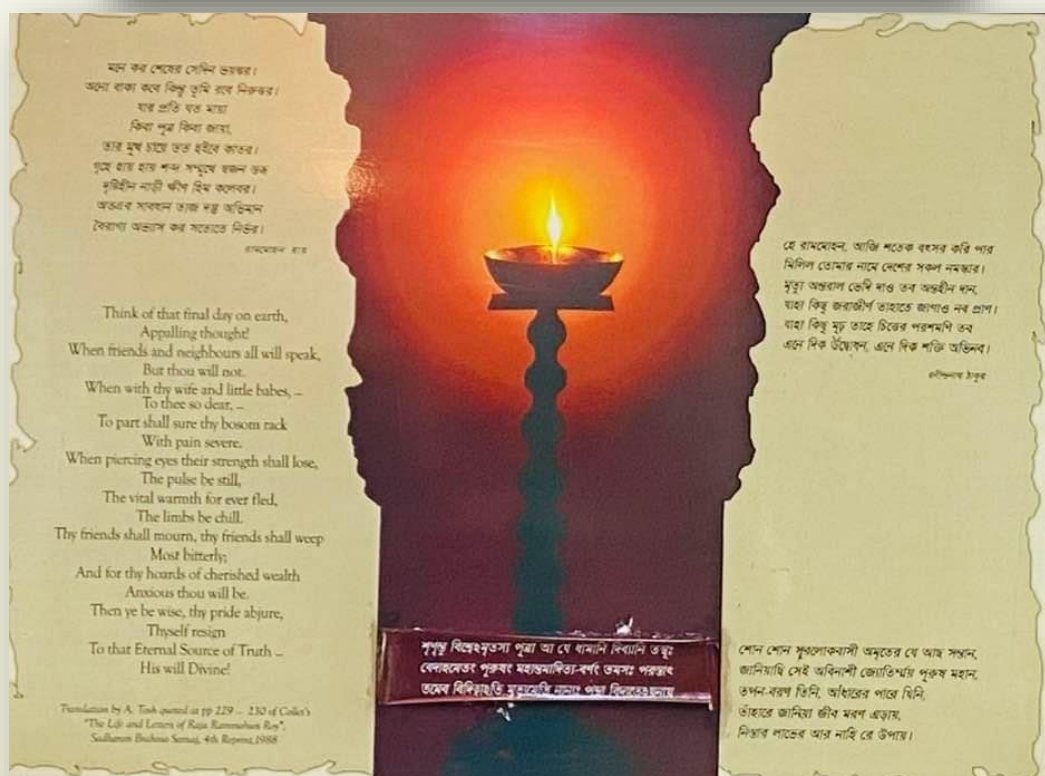




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**Calcutta
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**Calcutta
Canvas**



The elegant facade of the house. The first floor has the museum. Top floor is out of bounds





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The foyer with staircase on either side that lead to the museum on the first floor



Replicas of period furniture in his room



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The book case with the holy scriptures Veda, Bible, Quran



Before Renovation



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**Calcutta
Canvas**



The gate leading to the bathing ghat at the back . Now closed



Back of the house



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Views at the back of the house



The outhouse. Now a centre for Aparajita a vocational programme for women



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A model of the ruins of his house at Raghunathpur which he built and lived in after leaving his ancestral house



Entrance to the rooms



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The original old wooden staircase leading to the first floor. Not for public use



His dress



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**Calcutta
Canvas**



The end.
28 th sept 1833



A replica of the death mask with the original preserved at Bangiya Sahitya Parishad

Photography
Viral Parekh



Next issue in July 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.

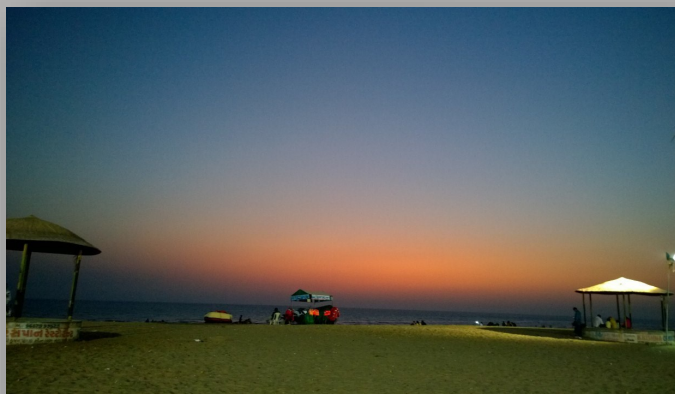
I am hereby inviting all the professionals who indulge in extra-curricular activities to share her/his work with me and if it is of good quality, I will surely publish it.

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 June 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
reflections2020@hotmail.com
So long. Viral Parekh



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