

"The real man smiles in trouble, gathers strength from distress, and grows brave by reflection." Thomas Paine

Inside this issue

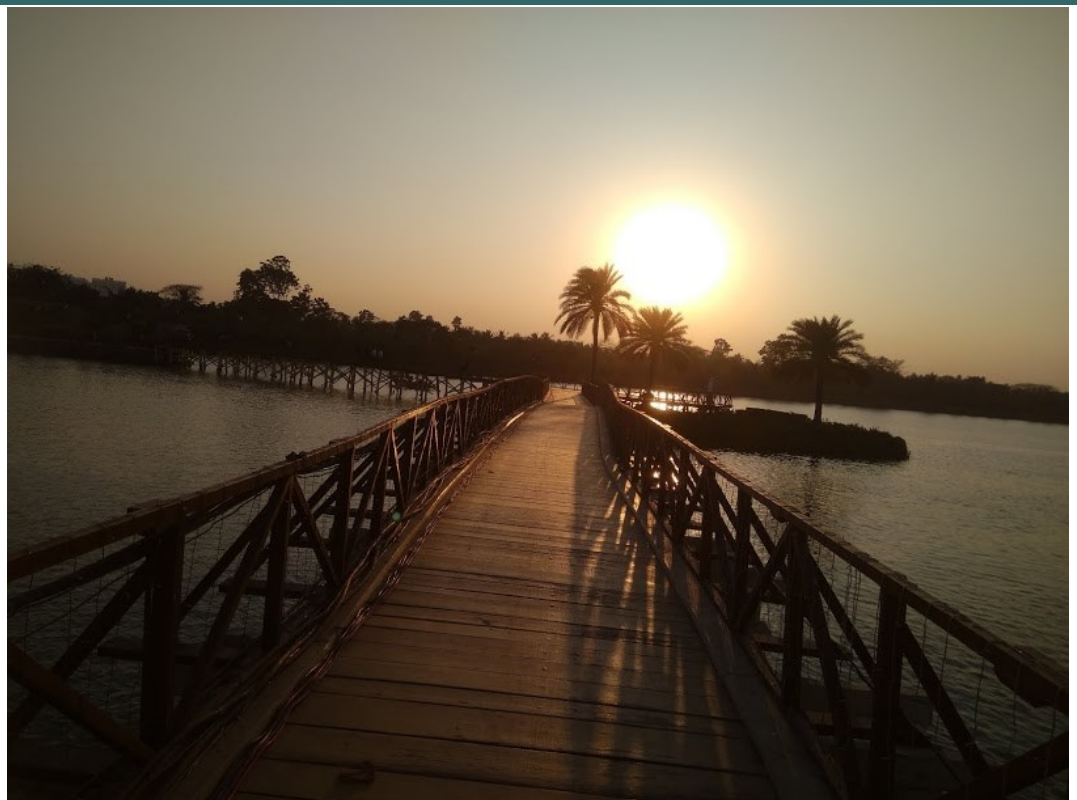
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"Reflection is one of the most underused yet powerful tools for success." Richard Carlson

Reflections

Volume II, Issue VII

July 2021





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Radiologist's Musings - Viral Parekh

Hi!, Namaste,

I am happy to present here the sixteenth issue of Reflections. It is heartening to see India recovering from the 2nd. wave of COVID. Number of active COVID cases and deaths are regularly coming down and it seems that India has learnt a lesson from the second wave and seems to be preparing well for the third wave, if there be any.

Monsoon has set in India. Monsoon brings lot of hope and joy to almost every human being. A good monsoon augurs well for agriculture as well as economy of a country. My grandfather migrated from Gujarat to Kolkata way back in 1938 just because of lack of monsoons. At that time, for 4 consecutive years, there was almost no rain and our region in Gujarat suffered from drought, which led to our family's migration.

Besides agriculture and economy, there are various other reasons which makes monsoon so special. Monsoon lures us like nothing. There is something for everyone from children to elderly during monsoon. I just love the smell of soil drenched by the first rain of the season. This particular smell beats the costliest perfume by a huge margin.

Steaming tea with tangy samosas makes a rainy day very special. In our Bengal, lot of people have steaming kichadi with fried brinjals, potatoes and papad on a rainy day. It is my personal favorite also. In short, for foodies monsoon brings excuses to gulp down variety of cuisines without any remorse.

Photographers simply cherish the idea of going out with their cameras during Monsoon. The colors are brighter, the shades more impressive, and the overall ambience is inviting to say the least.

If photography has a special place during monsoon, can music be far behind?. In fact, in Indian classical music, Raag Malhar has strong association with monsoon. According to many myths, properly played and sung Raag Malhar brings in rains. Magical season of monsoon has been the pulse of Indian life and culture, be it music, dance, painting, or sculpture.

Monsoon is the perfect season to fall in love. There can not be a better occasion to murmur sweet nothings in your beloved's ear with the background music of rain drops. The joyful yearning of romance after long separations, the meeting of lovers under umbrellas in rainy evenings makes life so romantic.

So in short, monsoon is really a magical season. I once walked 14 kms on a Goa beach with the drizzle drenching me. Believe me, it was the best walk of my life and I fancy many more such walks before I retire to sleep forever.

This issue would not have been possible without the help of Sushanta, Kanchan, Satyam, Dr. Rohini Patil, Dr. Praveen Bhatia, Dr. Anshuman Bhagowati, Dr. Juni Menon, Dr. Palash Jyoti Das, Dr. Sandhya Bhadane, Dr. Anup Sadhu and Dr. Ritu Lokhande. I am obliged and sincerely thank all of them.

1st. July is celebrated as Doctor's day. A very happy doctors day to members of the fraternity.

That's all for now. Enjoy the monsoon, take care and stay safe.



Music



Manjira is known by many names like jhanj, tala, mondira, kartal, khartal and kafir. Basically, it is a pair of hand held cymbals. Each cymbal is tuned to a different note. The left hand holds one cymbal while the right hand taps out the sounds with the other. They are ubiquitous component of Bhajan and Folk Music. They are often seen on temple walls also.

This instrument is generally made of brass, bronze, copper zinc or bell metal and is connected with a copper cord or thin rope which passes through holes in centre, and produces rhythmic metallic sound when struck together. The pitch of the sound varies according to the weight, size and material of the instrument. While playing the instrument a player can also adjust the timbre by varying the point of contact.

Manjira has an important role in Gujarati folk music. Manjira were played during the Aarti of Gods and Goddess. They are also often played during Santvani, Bhajan and Dayro.

They are quite small in size but the sound they emit is quite sweet. It produces great sound during Jugalbandhi with other instruments. This instrument is not easy to play, and requires clear knowledge of Taal and Sur. Unlike other musical instruments, this instrument did not get the appraisal or recognition that it deserved. There are quite a few Manjira players in Gujarat, who perform and have expertise in it.





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.

A tribute to late Sushmaji Swaraj

The queen of finance
The crown of external affairs
A dutiful martyr A mother
Atalji's torch bearer
Sacrifice and Determination personified
Made every female feel dignified
Won hearts of NRI's and Refugees
With her humanitarian strategies
A matchless hard-core diplomat
The pole star of the Secretariat
Was counting her last few days
Waiting for good news to come her way
(kashmir)
With a deep sigh of relief
She left us all in deep grief
Let's keep up to her ambitions
Let's follow all her directions
We promise we'll do our best
You have already done enough
Now you need take some rest.

GEET SAGAR S.P.BALASUBRANIAM

Ek duje and Saagar were a compulsive
favourite in school
MPK and Saajan of 90's were the primary rule

Baaghi and HAHK stormed us in first
year
Raja romantic numbers kept us alive and
in gear

No birthday bash or annual was without
his hits

And we hummed to his tunes to the end
of our wits

This Master's voice echoed on every
floor and wing
A major part of our lives was conquered
by this KING

Such gems outlive their lives
On earth and even beyond
Dear SP will always stay with us
For we share a melodious bond.

THE MASK

Wearing the mask
Is an inevitable task
A 6 inch long thing
That actually promises nothing
Has become a daily accessory
A cell or umbrella one may forget to carry
Mask helps to mask many a feelings
It cries privacy amongst crowd of human
beings
Only eye contact is encouraged
And all bitter words are now discouraged
A simple way to shut yourself up
As if over the whole world you've given up
That's what we were taught by Rishis
and Muni
Its surprising that to follow them a Pandemic had to come in



Dr. Anshuman Bhagowati,
MBBS, MD
Consultant Radiologist

Art



Dr. Anshuman Bhagowati is also a fellow Radiologist. He is currently working as the Deputy General Manager, Oil India Limited and heading the Radiology department at OIL hospital located at Duliajan, Assam. He did his MBBS from Assam Medical College and pursued MD from Gauhati Medical College, Guwahati. Though he has no formal education in art, he likes to draw and have been trying to improve upon his techniques. He mostly does portraits and figurative art with occasional landscapes. He also likes to make sculptures.





Dr. Anshuman Bhagowati,
MBBS, MD
Consultant Radiologist

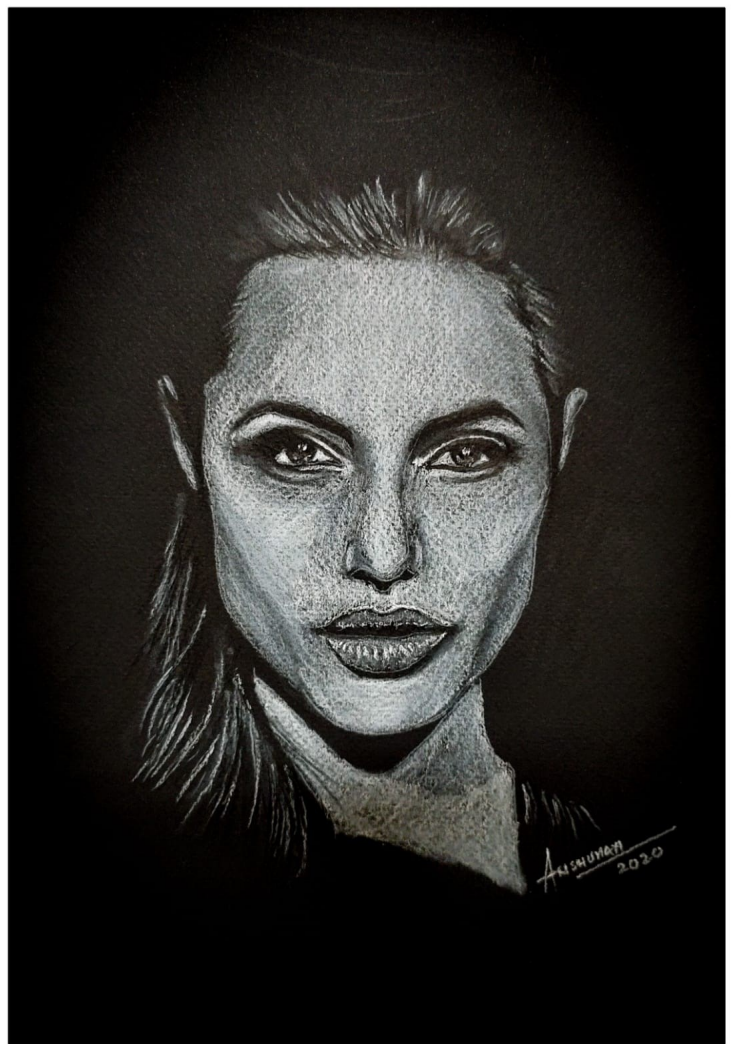
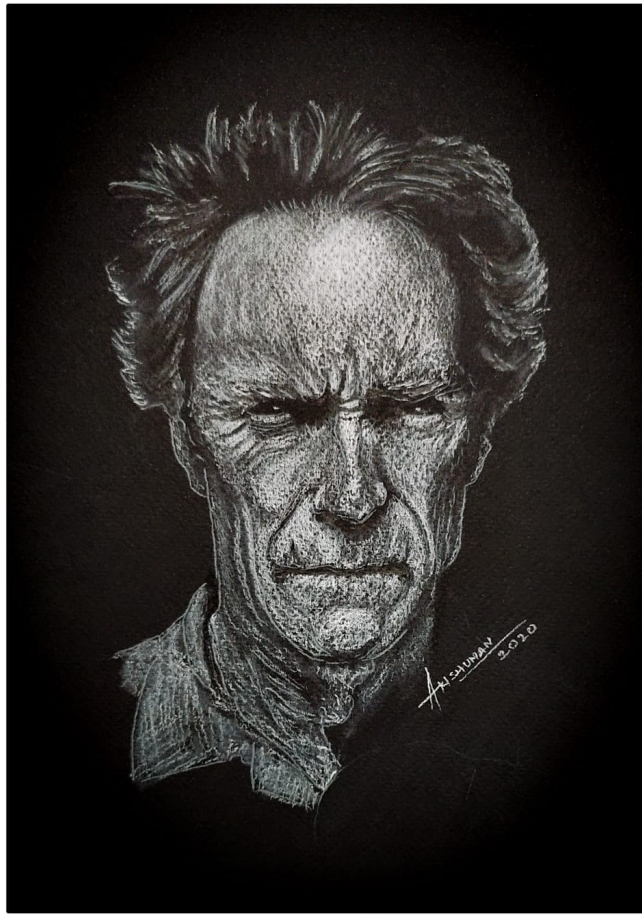
Art





Dr. Anshuman Bhagowati,
MBBS, MD
Consultant Radiologist

Art





Dr. Anshuman Bhagwati,
MBBS, MD
Consultant Radiologist

Art





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.

Bathing Ghats in Varanasi





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

Art

Varanasi Ghat Rainy Morning



Varanasi Ghat , morning





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

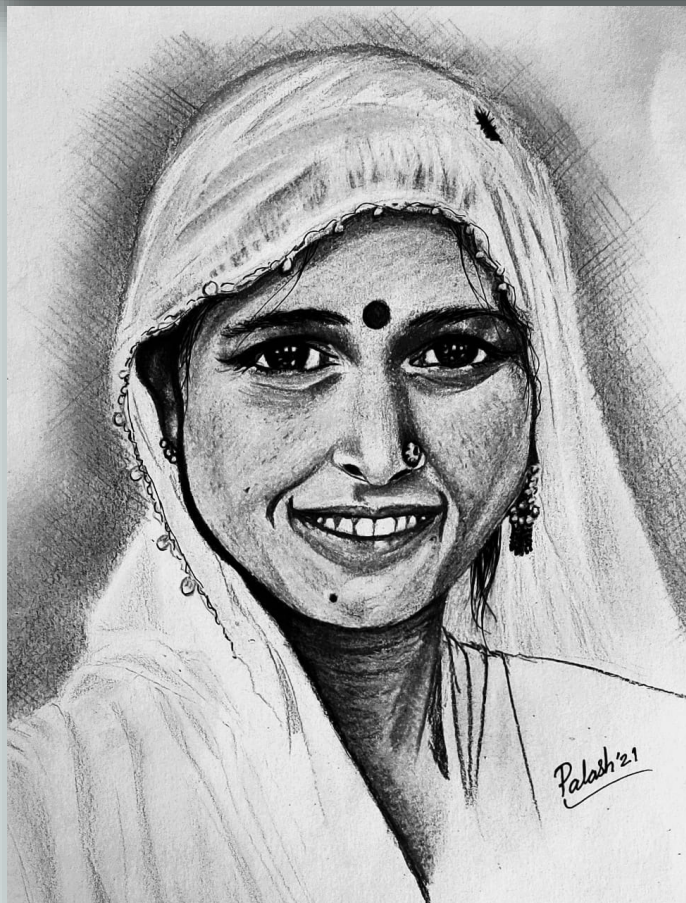
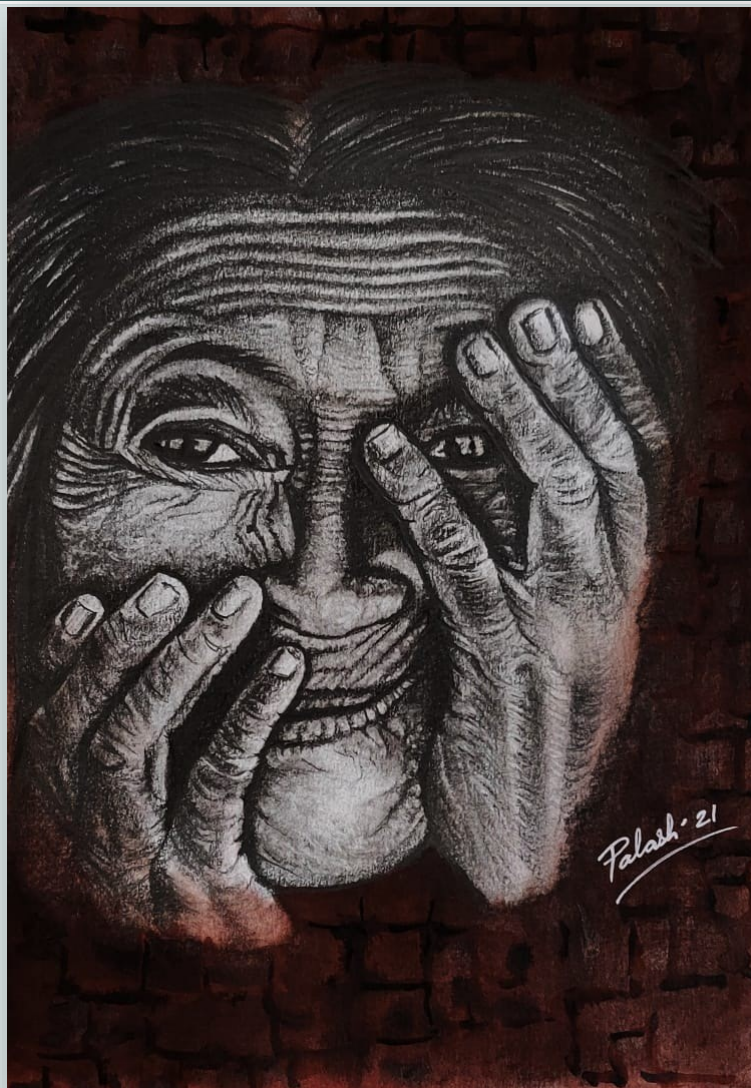
Art





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

Art





Dr. Sandhya Patil Bhadane.
MBBS, DMRD
 Consultant Radiologist
 Bhadane X-ray And Sonog-
 raphy Clinic,
 Pune, Maharashtra.

Art

Dr Sandhya Patil Bhadane is also a fellow Radiologist from Pune. She is working at Bhadane X-ray and sonography clinic and is interested in Fetal medicine. She did her MBBS from BJ GMC Pune and DMRD from Sassoon General Hospital, Pune. Besides radiology her hobbies are painting and cooking and then a full time Homemaker. She had left sketching when she joined medicine. This lockdown gave her a chance to hold her brush again. Watercolor is her hobby, love, passion and she is dreaming to master it. She is a self taught painter and takes help from YouTube tutorials. Paintings gives her Ultimate peace. Here is some of her artwork. I am sure you will love it.



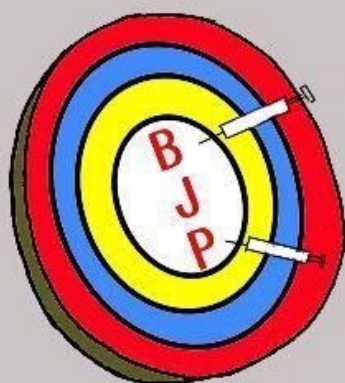


Dr. Praveen Bhatia,
MBBS, MD
Consultant Radiologist

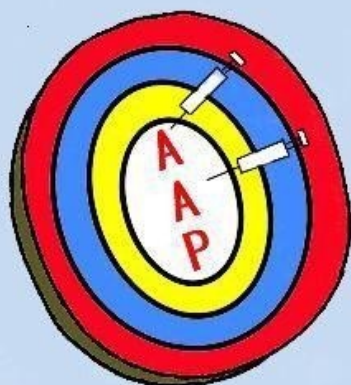
Humour

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.

GAME OF VACCINES



Arvind Kejriwal



dr praveen bhatia



Sambit Patra



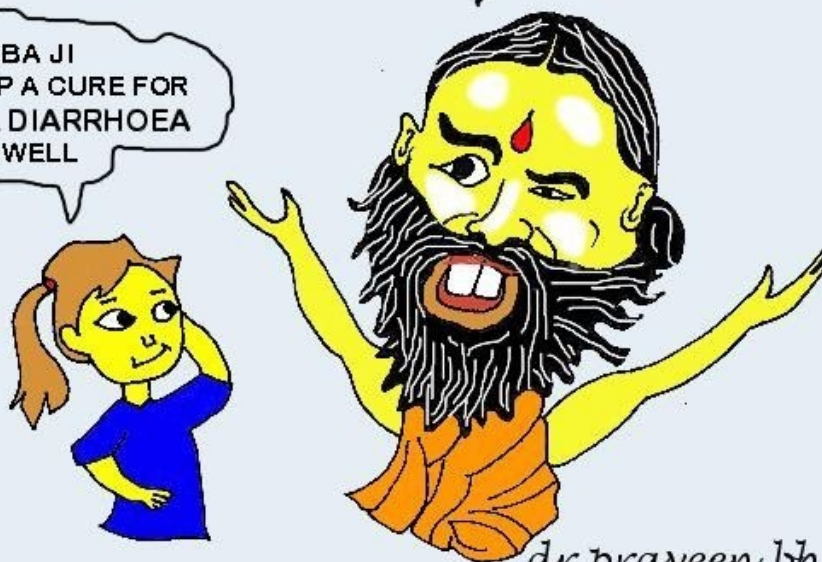
Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

Humour

Kidology with Shanaya

I HAVE CURE FOR CANCER, HEPATITIS, FATTY LIVER, RA FACTOR, THYROID, TYPE 1 & 2 DIABETES, HYPERTENSION, COLITIS, ASTHMA, AND ARTHRITIS
ALLOPATHY IS @*%\$#&%\$#@^*\$#@!

BABA JI
DEVELOP A CURE FOR
VERBAL DIARRHOEA
AS WELL

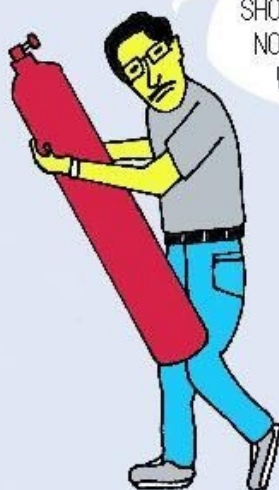


dr praveen bhatia

PAPA, WHY ARE WE
TAKING THE O2 CYLINDER
WHEN WE'RE NOT SICK

THERE IS ACUTE
SHORTAGE, WE MIGHT
NOT GET IT, WHEN
WE FALL SICK

WE MIGHT TAKE
SOME WOOD FOR
CREMATION
AS WELL!

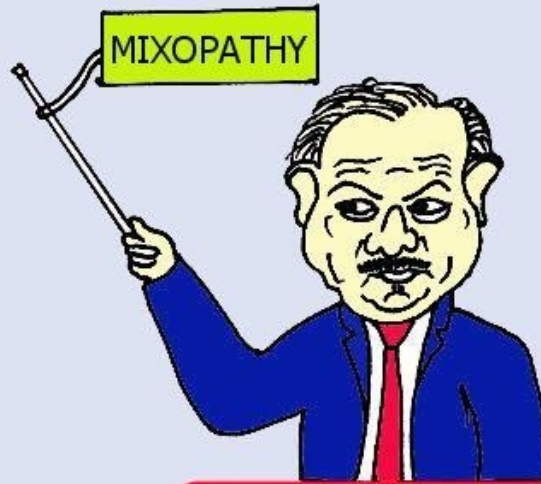


dr praveen bhatia



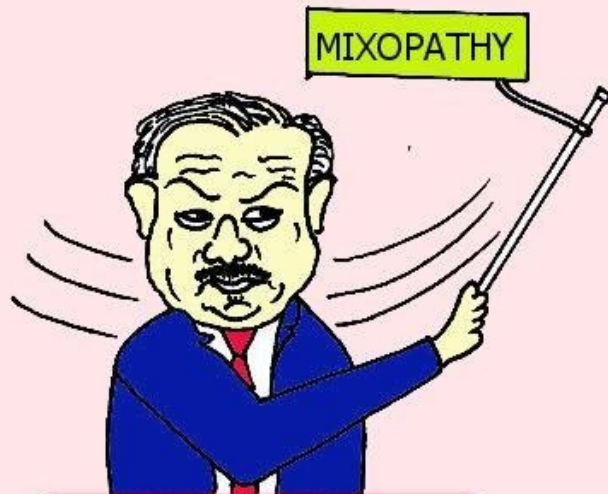
Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

Humour



DOCTOR PATIENT RATIO
1 : 1456

MIXOPATHY - THE MAGIC WAND



DOCTOR PATIENT RATIO
1 : 1000

dr praveen bhatia

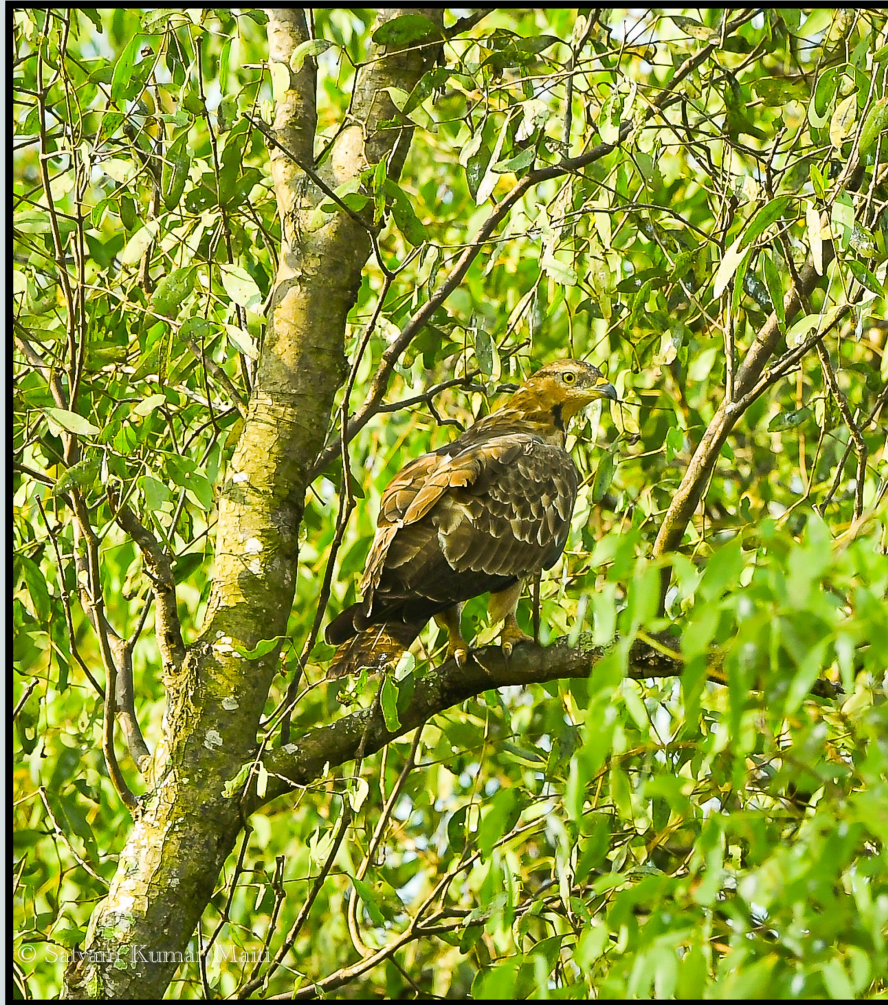


Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

Photography

Dr. Satyam Kumar Maiti is an Ophthalmologist by profession and ex-student of R. G. Kar Medical College, Kolkata. He is an avid photographer and bird watcher. He roams around the world with his camera. He is one of my classmates and a dear friend. We call him modern day Salim Ali {famous Ornithologist}.

Painting & music were his dream. He learnt classical music from a Ustad who was a teacher of his mom. He graduated in music & progressed to the mark of sangeet prabhakar. Here are some of his photographs. I am sure you will like them.



Oriental Honey
Buzzard

Peregrine falcon. This bird can fly at a speed of 390km/ hour during hunting.



© Satyam Kumar Maiti



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

Photography

Steppe eagle.



Shikra.





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

Photography

Brahminy kite.



Black shoulder kite.





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

Glamour Photography

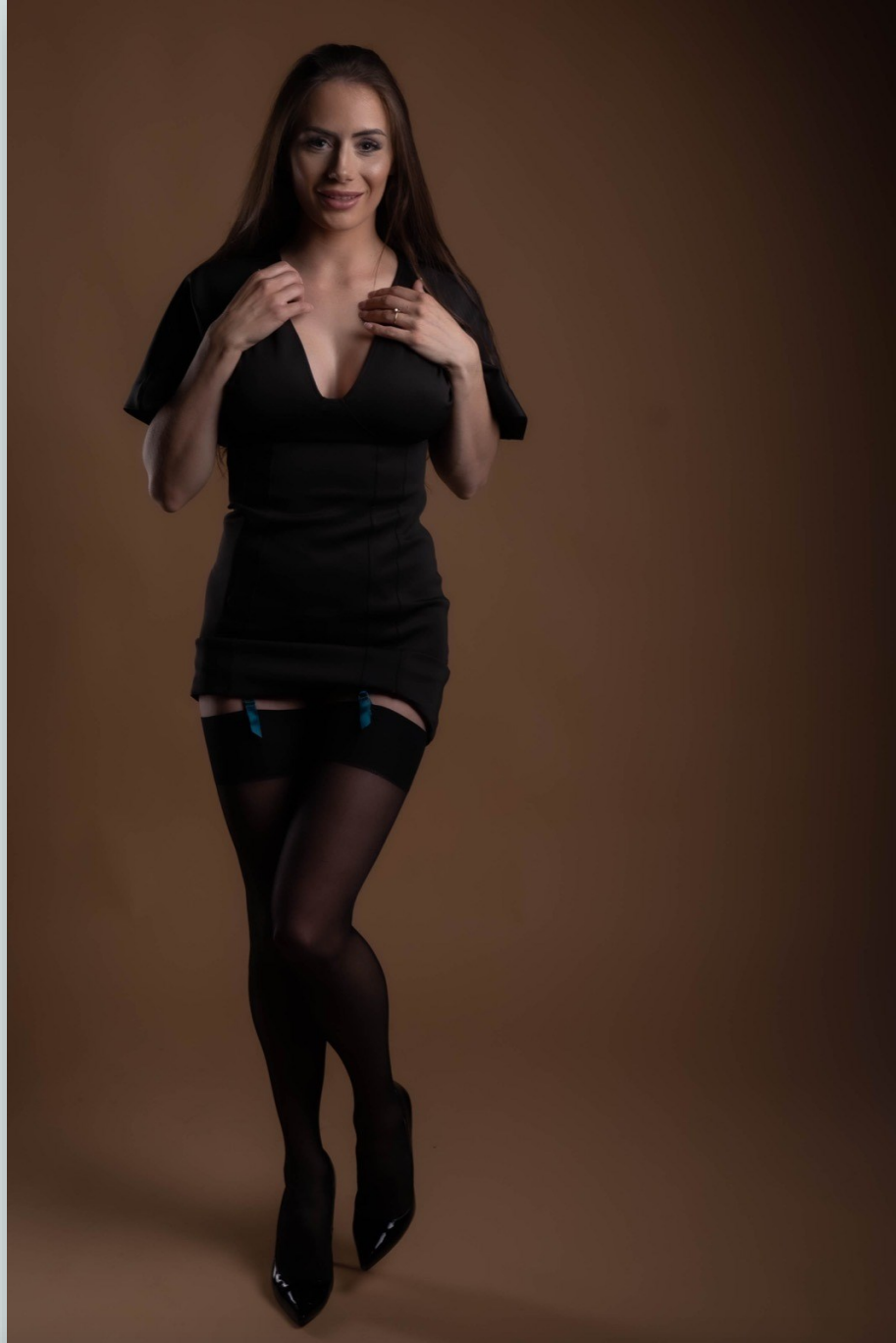
Mr. Sushanta Bhadra is also my classmate and a very dear friend from R. G. Kar Medical College. He is probably the most qualified amongst 150 classmates of our Medicos-80 batch. He now stays in Bexley, Kent, UK. In spite of a very busy schedule, he still manages to pursue his passion for glamour photography. 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**





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

Glamour Photography





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

Glamour Photography





Dr. Anup Sadhu, MD
Consultant Radiologist

Rural India

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. It was then known as Medical College, Bengal.

THE TALE OF A VILLAGE

Ballavpur, a small tribal village near Bolpur, West Bengal; is more of a typical village of India. "There is hardly any reason for the society to exist," says a teacher of a high school in Bolpur seeing the plight of the villagers. However, the village is vibrant. Nobody visits the village except a team of local folk singers who perform fortnightly.

The womenfolk is hardworking— the men are lazy. They drink local make liquors and often fell ill. The hospital is far away. A quack from the nearby village is only hope in distress.

The villagers are honest and innocent, The little children go to school 4 km far away.

They play, they smile — they care their parents and pets.

The villagers work in the fields, try to earn a livelihood.

They work, they laugh, they play, they sing.

In search of food.



Cooking - kitchen is everywhere





Dr. Anup Sadhu, MD
Consultant Radiologist

Rural India

The day's yield





Dr. Anup Sadhu, MD
Consultant Radiologist

Rural India

Towards the nearby town



Village Goddess stays here





Dr. Anup Sadhu, MD
Consultant Radiologist

Rural India

Back from the school ,bare- footed



Ring a ring a roses..





Dr. Anup Sadhu, MD
Consultant Radiologist

Rural India

Pigeon nests



Bread earner pets

Co-
existence





Dr. Anup Sadhu, MD
Consultant Radiologist

Rural India

Co-existence



At the end of the day





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 Bao.

Bao

Bao, or Baozi, is a popular Chinese dish also known as steamed buns in America. A bread-like ultrasoft bun stuffed with a variety of fillings, however it tastes great even without fillings. These buns are ideal as appetizers or light lunches. utterly delicious.

Ingredients –

For Bun

1. Warm water (200 ml).
2. Sugar (2 tbsp)
3. Yeast (2 ½ tsp)
4. Oil (3 ½ tbsp)
5. All-purpose flour (Maida) 2 ½ cup
6. Milk powder (3 tbsp)
7. Baking powder (1 tsp)
8. Salt (1 tsp)



Stuffing Ingredients

1. Chicken finally sliced into thin strands (200 gms) for veg preparation paneer cubes can be substituted
2. Salt (1 tsp)
3. Black pepper (1/2 tsp)
4. Ginger garlic paste (1 tsp)
5. All-purpose flour (1/4 cup Maida)
6. Barbeque sauce (3tbsp)
7. Sweet chilli tomato sauce





Culinary Arts

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

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

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

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

Dr. Ritu Lokhande



STEP 1

Take a big bowl filled with warm water, add sugar to the water and dissolve the yeast, mix well, and leave it aside for the activation of yeast for 10 min.

Step II

Once the yeast is activated add all the other ingredients oil, Maida, milk powder, baking powder and salt.

STEP III

Mix all the ingredients well and make a soft dough knead the dough for roughly 8-10 min, adding a little extra water if needed and brush the dough lightly with oil.

Step IV

Cover the dough with a damp cloth /cling wrap and leave to rise for 2 hrs, or until doubled in size.

STEP V

Put the dough out onto a clean work surface and punch it down. Flatten the dough with your hands, then sprinkle over the all-purpose flour and rollout to a thick bread approx. 3 mm thick (roti) with the help of a roller pin.

STEP VI

With the help of round cutter approx. 3 cm wide, cut the thick bread evenly into rounds Keep these rounds aside.

STEP VII

Gently brush the surface of the dough rounds with oil. Fold the dough into half and roll it very gently, taking care that the edges should not be sealed from the front end.

STEP VIII

Place the buns on parchment paper if its available and put the buns in a steamer. Ideally should be bamboo steamer, if not available can be kept over a steel strainer.

STEP IX

Heat the steamer over a medium-high heat. Steam the buns for 12 mins or until puffed up.





Culinary Arts

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Dr. Ritu Lokhande

While the buns are steamed, let us make the easy peasy stuffing...

Steps for stuffing

Step I

Take a big bowl add chicken/paneer, ginger garlic paste, salt, black pepper.

Step II

To this preparation add Maida, coat the chicken strands /paneer cubes well with the preparation.

Step III

Deep fry the chicken pieces on high heat until crisp and golden brown.

Paneer cubes can be used either raw or deep fried depending upon the choice.

Step IV

In a bowl take the pieces of fried chicken/paneer, add barbeque sauce and sweet chilli tomato sauce to the chicken and mix well. You can also add honey mustard sauce (Optional), that gives a tangy flavour just to break the monotony of red colour.

Keep it aside.

In mean while buns have steamed well.

Rise open each bun and fill with your choicest stuffing ...Eat them while they're still warm.

This bao bun recipe makes light, fluffy and pillowy steamed buns which are perfect for stuffing with absolutely anything you desire.

One can make different shapes of the bao buns.

The cooked bao buns can be frozen and simply reheated in the steamer as and when one needs

Keep following the passion of cooking ...kyunki pet ka rasta dil se ho kar jaata hai janaab.





Photography
Dr. Satyam Kumar Maity

Next issue in August 2021

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

To Sir with love.
A tribute to Prof. Ramendra Nath Kundu, a renowned Radiologist and father of my friend Dr. Bijon Kundu on his first death anniversary on 30th. June.



Prof R N Kundu signs on the attendance register on the day of his retirement, 30th September 1987.

Reflections