

"Like water which can clearly mirror the sky and the trees only so long as its surface is undisturbed, the mind can only reflect the true image of the Self when it is tranquil and wholly relaxed." ~ Indra Devi

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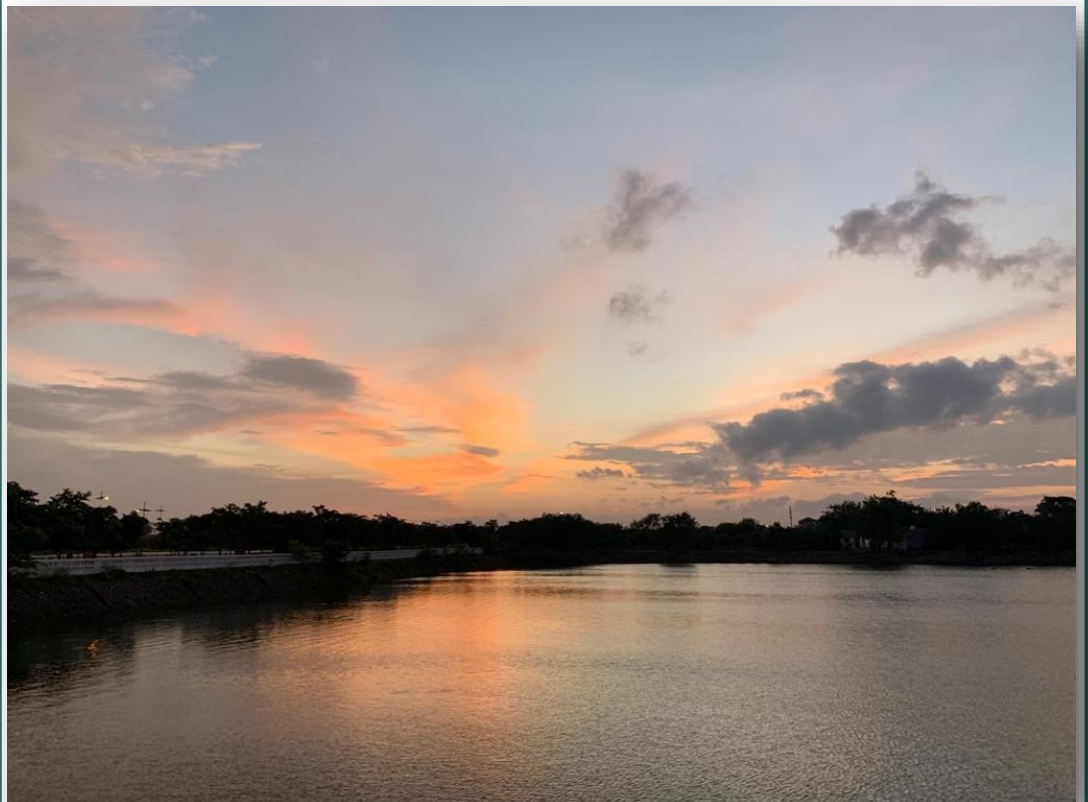
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"Reflect upon your present blessings -- of which every man has many -- not on your past misfortunes, of which all men have some." — Charles Dickens .

Reflections

Volume II, Issue VIII

August 2021

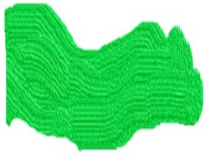
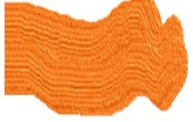


Reflections

Volume II, Issue VIII

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Radiologist's Musings - Viral Parekh



आज लहरा दीया हमने भी झंडा
कर दिया अपना कर्तव्य पुरा

कर चोरी, काला बाज़ारी
रिशवतखोरी, सीनाजोरी
गद्दारी, मक्कारी, आगज़नी
दंगाखोरी, दगाबाज़ी, संकीर्णता
बाक़ी के दिन यही है हमारा फ़ंडा

लेकिन आज लहरा दीया हमने भी झंडा
हमने भी कर दिया अपना कर्तव्य पुरा

तबीब - विरल

Hi!, Namaste,

I am happy to present here the seventeenth issue of Reflections. As I am writing this, a very good news has just come that India's Neeraj Chopra has won first gold medal in this Tokyo Olympics. Feeling so elated. We have won 7 medals in this Olympics and this is the best we have achieved so far in the history of summer Olympics.

A very happy independence day to all of you. On 15th. August, 2021, India will be celebrating 75th. Independence day. We have achieved a lot in last 74 years, but there is still lot to be achieved. Lot of dreams of India are yet to be fulfilled. We always blame politicians for the shortcomings we are facing in this beautiful country of ours. I am not defending any political party because every political party has its own flaw. But have we ever done introspection and have we ever found out whether we are good citizens?

During this last 74 years, we have asked many a times that what country has done for me. But are we honest to the country? Most of the Indians don't like to pay taxes. But we want good roads, good airports, good railway stations and world class infrastructure. How is it possible? From where will government get funds for that? Only income of government is from various types of taxes.

We do not keep cleanliness and litter things everywhere. We spit everywhere. Pan eaters and Pan masala eaters are the worst of the lot. If you enter an Indian apartment, you will be happy to see it spic and span but as soon as you step out you will see garbage littered in the building. There are some buildings which have not been painted since last few decades and some of them may be since the day we became independent.

Our cars spew smoke and we don't like to keep pollution under control. Our factories violate norms and contribute a lot to environmental pollution.

We love to violate traffic signals. We jump red light without bothering that we might face an accident, but we are incorrigible. If we are fined for violating the traffic, we always try to bribe the police and most of the time we succeed. Our bikers don't like to wear helmets. But they don't realise that it is for their own safety.

We are Hindu, Jain, or Buddhist first and Indians last. We are Bengali, Gujarati, Punjabi, Marathi or a Tamil first and Indians last. We boast of Unity in diversity but under that boasting, we are a divided society. This country will not progress till the day we proudly say that we are all Indians.

As John Kennedy had famously said once "Ask not what your country can do for you – ask what you can do for your country." Till the date we don't understand the meaning of this quote, we can not blame the system only. As a Sanskrit quote goes "Jatha Praja, Tatha Raja", meaning you get the government you deserve. We will continue to get the government we deserve till we don't mend our ways.

This issue would not have been possible without the help of Sushanta, Kanchan, Dr. Rohini Patil, Dr. Shalini Agarwal, Dr. Smita Mahajan, Dr. Rupjyoti Das, Dr. Roopali Nerlikar, Dr. Praveen Bhatia, Dr. Juni Menon, Dr. Palash Jyoti Das, and Dr. Ritu Lokhande. I am obliged and sincerely thank all of them.



Music



Dhol is a very popular folk drum of India with regional variations, throughout the Indian subcontinent. The Punjabi dhol is perhaps best known abroad due to its prominent place in the rhythm of popular Punjabi bhangra music. It is a barrel shaped, some-times cylindrical drum, with skins on both sides. It has one side which has a high pitch and another side which has a lower pitch. Tightening or loosening the skins subtly alters the pitch of the drum sound. The stretched skin on one of the ends is thicker and produces a deep, low frequency (higher bass) sound and the other thinner one produces a higher frequency sound. Dhols with synthetic, or plastic, treble skins are also common.

One of the most important parts of the dhol is the shell. There are regional variations as to both the size, dimensions, and the woods used. The most com-monly used woods are mango wood and shisham

It is very popular in folk music. Dhol is used by Gujaratis during celebrations such as Navaratri to accompany garba. Garba are the folk songs which describe the grace of the divine mother.





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.

♥ GAME OF CARDS ♣

Not so difficult
Not so hard
This life of ours
Is a game of CARDS

Some days are 7's and 8's
Greet them with smile on face
Everyday can't be an ACE
Accept 9's n 10's with grace

Sometimes you are the KING
When not ;it's no disgrace
But shrewd enough you should be
To moult from JACK to ACE

HEARTS are all time fav
CLUBS you need forgive
For DIAMONDS we all crave
SPADES when a foot in grave

Hence....
Keep the game just going
There's no winning or losing
As the life's battle you face
Keep your DECK of CARDS just safe.....

THE FIRST KHAN

This Peshawar born Tragedy King
Landed in Bombay Talkies to earn a living
Jwar Bhata being his first film
Guinness record holder in the Bollywood
realm
Mughal -e Azam to Devdas
A gem no one could surpass
Who romanced the lovely Madhubala
Co -starred the damsel Vaijayanti mala
But tied the knot with the youngster Saira
Indeed a blend of Apple and Cera
Padma Bhushan awardee

Flaunted the name given by Devika Rani
A close buddy of Raj Kumar and Kapoor
The Noor of Indian Cinema
Is alas no more.....

MOMENTS TURN POEMS

Baby cooing and gurgling
Mother leaning over kissing

First step taken by toddler
Gratitude tears on cheeks of mother

Child speaks first syllable
Mama's boy is now affable

Neighbours now come closer
Even strangers try to befriend

Fun in being and growing
Whole world keeps following

Every day is so giving
Every moment keeps rhyming

SURVIVOR

What if I met with an accident ;
Am still alive with a scar

What if I scored less in exams
Am thorough with the subject by far

What if I worked more but earned less
For my family am a Star

What if I settled in a small town neighbourhood

It's my kingdom; and I am the Czar
Finally..

What if I lost the battle
I survived the war....



Dr. Shalini Agarwal
MBBS, MD, DNB
Professor, Department of
Radiodiagnosis
Pt. B D Sharma, Post
Graduate Institute of Med-
ical 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 musculo-skeletal radiology also. Her hobbies are Reading, writing, and cooking. Here are two of her poems. I am sure you will like them.

अधूरा चाँद

अधूरा चाँद निकला है छत पर
कुछ शर्माया सा, कुछ घबराया सा
हज़ारों ख्वाहिशों दफ़न अर्ध में
कुछ ख़ामोश सा, कुछ चंचल सा

गाहरी चुप्पी का कफ़न ओढ़े
धीमे से चमचमाता, क़हर बरसाता
सहमी हुई आँखों की गहराइयों से
आवाज़ दे, पल पल सम्मोहित करता

जाने दबी जुबान से कुछ कह रहा हो
कमबख़्त दिल जलाता, बेकरार करता
बहती पवन के मस्त झोके सा
छू जाता, रूह को तार तार कर जाता

बेढीयों का बोझ लिए; मंद मुस्कान
पीछा करता, पग पग तड़पाता
जाने कुछ पूछ रहा हो; चिड़ा रहा हो।
कुछ मदद माँगता, कुछ ललकारता

पूर्ण होने की इच्छा लिए
यूँ ही हर रात चक्कर लगाता
अधूरेपन के काले धब्बे लिए
सुबह होते ही लुप्त हो जाता।

अबला नारी

अबला हूँ, कमज़ोर भी मैं
उस शक्ती का वरदान भी मैं

ममता की तलवार लिए
उस ताक़त की ढाल भी मैं।

सुंदरता की कोमलता हूँ,
माँ का वज़्रपत भी मैं।

शिकारी का शिकार भी हूँ,
तो दानव का शिकारी भी मैं।

मौन हूँ, बेजुबान नहीं
अहंकार का संहार भी मैं।

डर कर भी डर से डरती नहीं
ध्वंस मैं, विध्वंस भी मैं।



Dr. Smita Mahajan
MBBS, DMRD
Consultant Radiologist
Kalyan, Maharashtra,

Literature

Dr. Smita Mahajan is also a fellow Radiologist. She now runs her own clinic - Nishkarsh X-ray & Sonography Centre at Kalyan, Maharashtra. She started writing poems during college days, then there was a long break. She has resumed it since last 2-3 years. Her poems are mostly emotional outbursts of her feelings, her dreams and her past. She is inspired by nature.

Realisation

I stood on the seashore
Feet planted deep
Waves came lapping up
And washed the sand,
under my feet ...

I gazed at the dark deep blue expanse
stretched in front of me
Hiding fierce force ; Yet,
the waves played by
gently along my feet.....

Far away at the horizon
darkness started dispelling
Pink red and orange rays
Spread their hues gleaming

A magical wand waved &
lifted the curtain of darkness
The Sun arose majestically
And let its power harness

Giant waves reached out
to kiss the sky
The seagulls flapped their wings
And got ready to fly

Such surreal moment
A chill ran down the spine
The ambience so pristine
Struck a cord within

In this infinite and perpetual universe
How tiny and insignificant are we
Just like the shooting star
Our existence is momentary

Let this reality soak in
and with all the bonds of
desire & despair
Must we be free.....

प्रेम

दबे पाँव पीछे से आकर
उसने मां को भींच लिया
काँधे पर सिर रखकर
फिर हौले से यह प्रश्न किया
माँ ; क्या तुम मुझसे प्रेम करती हो?
खिंच उसे अपनी गोद में
उसका चेहरा निहारा था
निश्चल कोमल मुखमंडल

किंचित् शंकित किंचित् उत्सुक
दो नयनों ने सवाल उठाया था

होंठों पर मुस्कान बिखेर कर
माँ मन ही मन उलझ गई
क्योंकर उठा यह प्रश्न
सोच भाँहें सिकुड़ गईं

शिशु की एक मुस्कान ने
माँ के हृदय में कमल खिलाया था
बाँहों में उसे ले कर अपने
उसने झूला झुलाया था

नटखट, चंचल बालक ने उसको
बहुत दौड़ दौड़ाया था
वश में करने उसे अपने
झूठा गुस्सा दिखाया था

किशोरावस्था की ज़िद को
प्यार-दुलार से समझाया था
सीमा तोड़ हट करने पर
कठोर शब्द भी सुनाया था

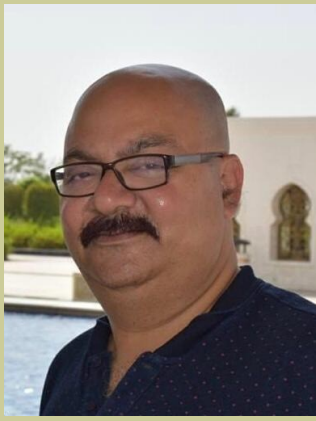
थोड़ा प्यार थोड़ी फटकार
इस में जीवन समाया था
शायद इसे ही प्रेम कहते हैं
माँ ने खुद को समझाया था

देख रहे थे टक लगा कर
दो नयन ,

आतुर थे उत्तर पाने को
भर आई थीं आँखें माँ की
शब्दों में प्रेम बताने को

तुमसे है मेरा अस्तित्व
मुझसे है तुम्हारा
कैसे समाये शब्दों में
प्रेम यह मेरा तुम्हारा

प्रेम की कोई परिभाषा नहीं
प्रेम का नहीं कोई नाप
बंधा नहीं यह किसी बंधन में
आँख मूँद विश्वास कर लो आप.....

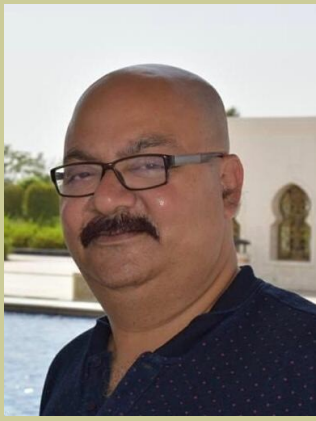


Dr. Rupiyoti Das
MBBS, MS
Consultant Otorhinolaryn-
gologist.

Art

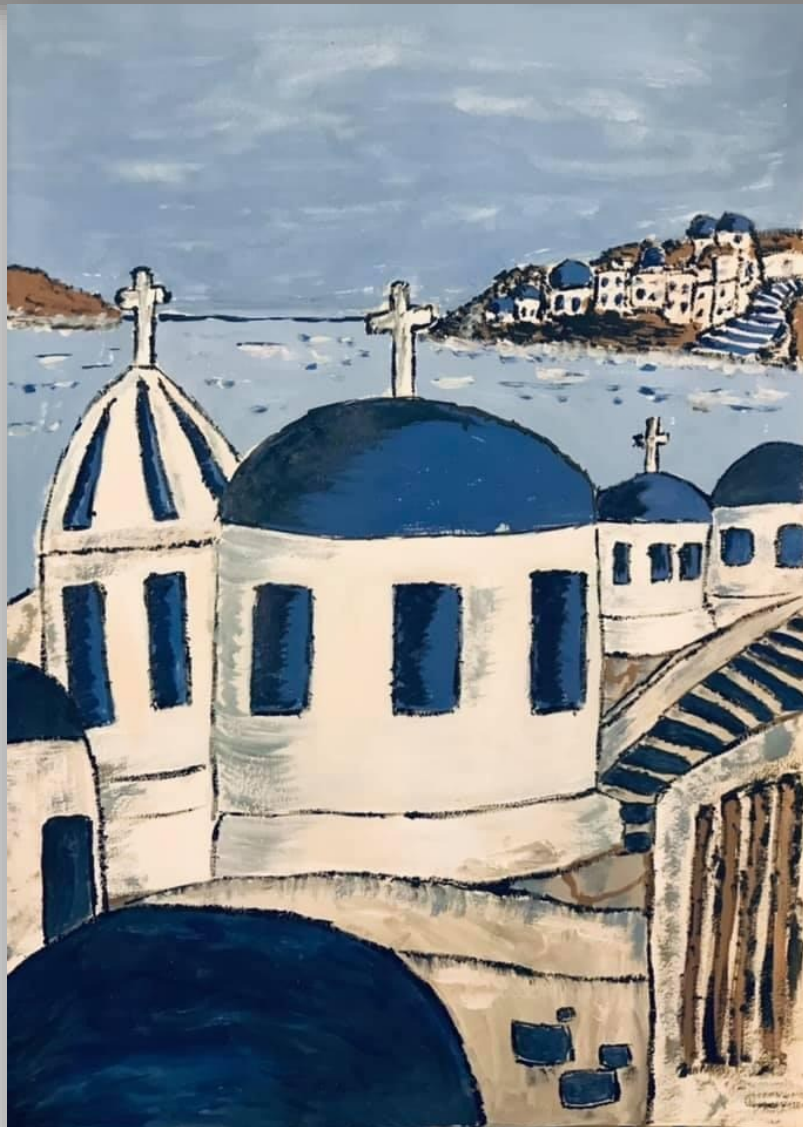


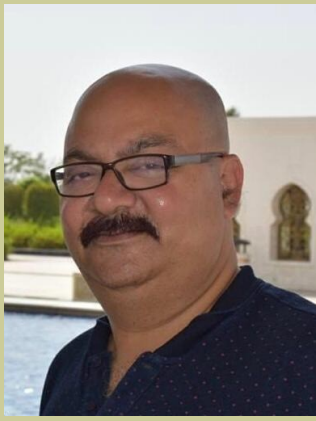
Dr. Rupiyoti Das is a Senior Consultant ENT surgeon in GNRC hospital, Guwahati . He did his MBBS and MS from Guwahati Medical College. He joined GNRC following PG and have been there since. He has special interest in FESS and endoscopic skull base surgery. He has taken to painting during lockdown. Here are some of his paintings. I am sure you will love them.



Dr. Rupiyoti Das
MBBS, MS
Consultant Otorhinolaryn-
gologist.

Art

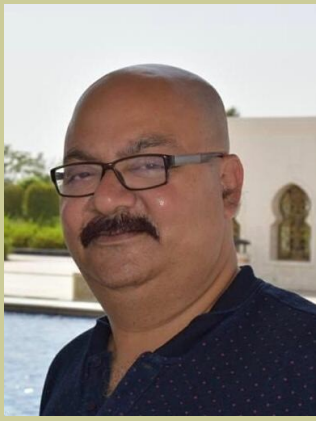




Dr. Rupiyoti Das
MBBS, MS
Consultant Otorhinolaryn-
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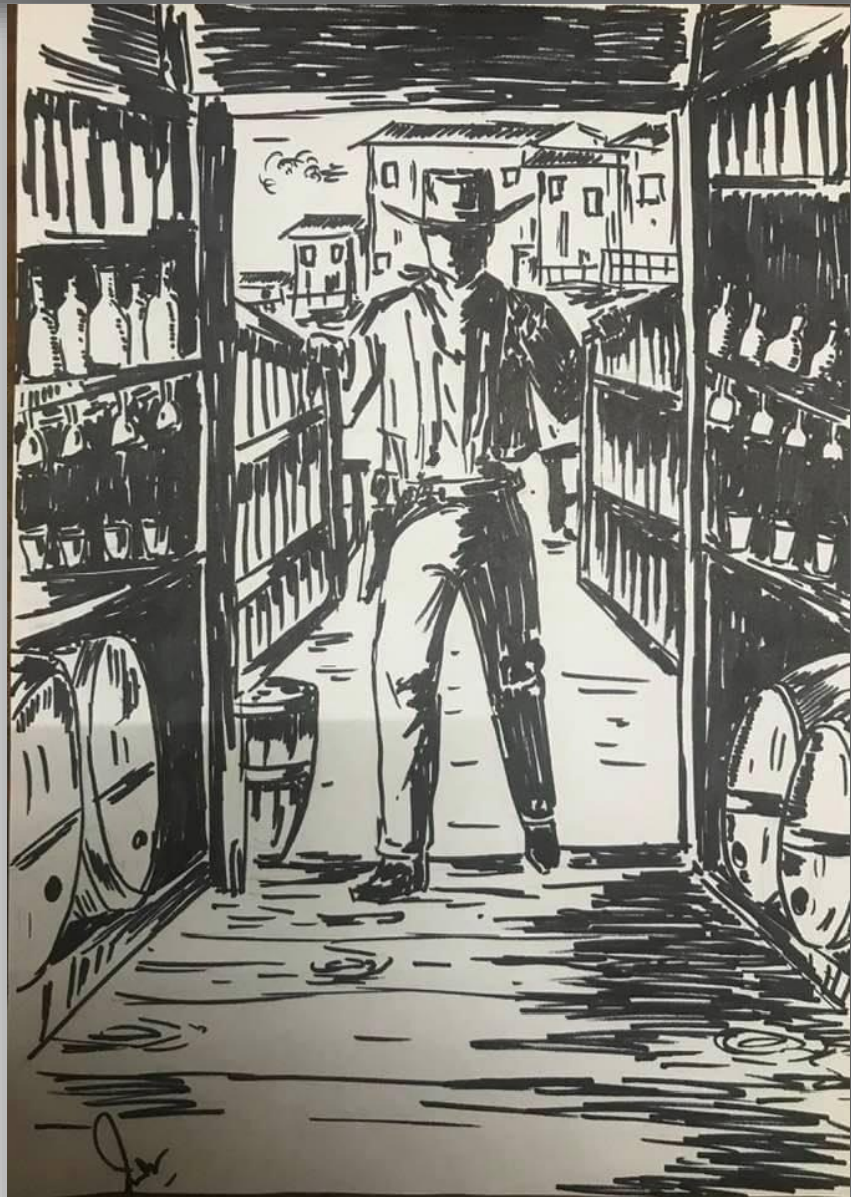
Art





Dr. Rupiyoti Das
MBBS, MS
Consultant Otorhinolaryn-
gologist.

Art





Dr. Roopali Nerlikar,
MBBS, DNB
Ophthalmologist
Arya Wellness Centre,
Guwahati, Assam

Art

Dr. Roopali Nerlikar is a Consultant Ophthalmologist at Deenanath Mangeshkar hospital and have her own private clinic. She has taken up pencil drawing in lockdown though had dabbled in various art and craft projects earlier. She has no formal training but had taken few lessons on shading techniques taken earlier. Here are some of her sketches. I am sure you will like them.





Dr. Roopali Nerlikar,
MBBS, DNB
Ophthalmologist
Arya Wellness Centre,
Guwahati, Assam

Art





Dr. Roopali Nerlikar,
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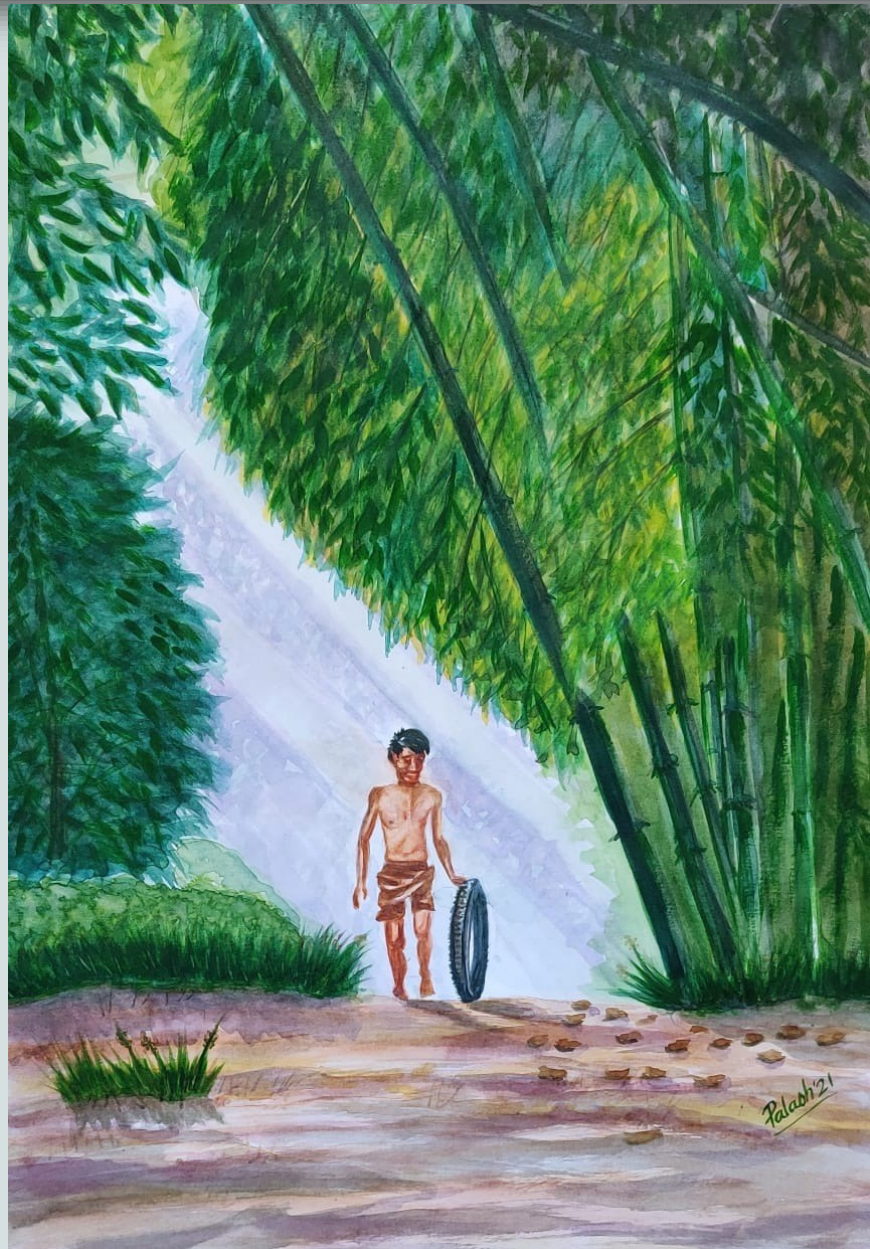
Art





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

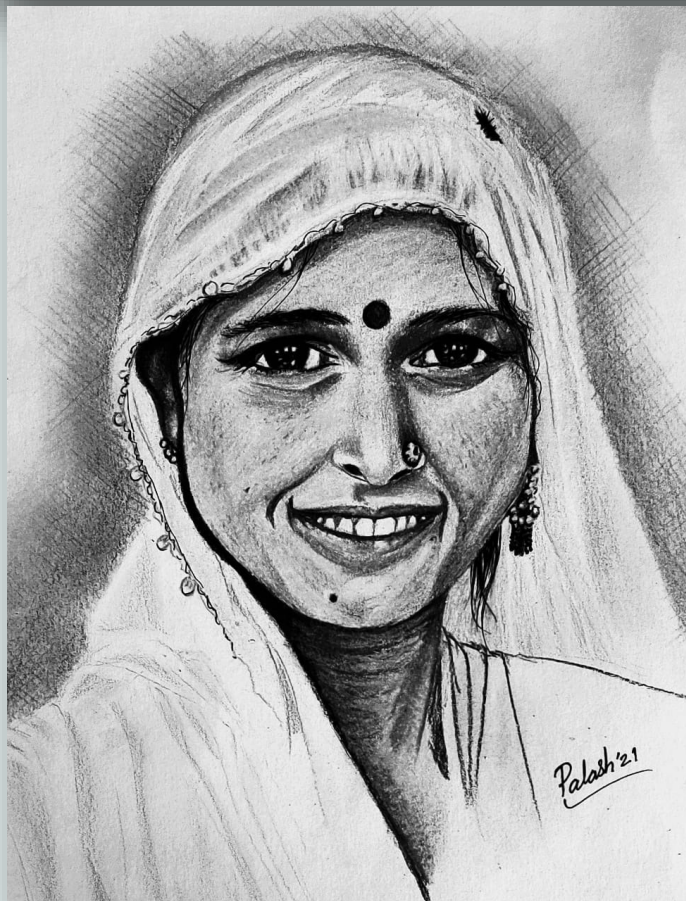
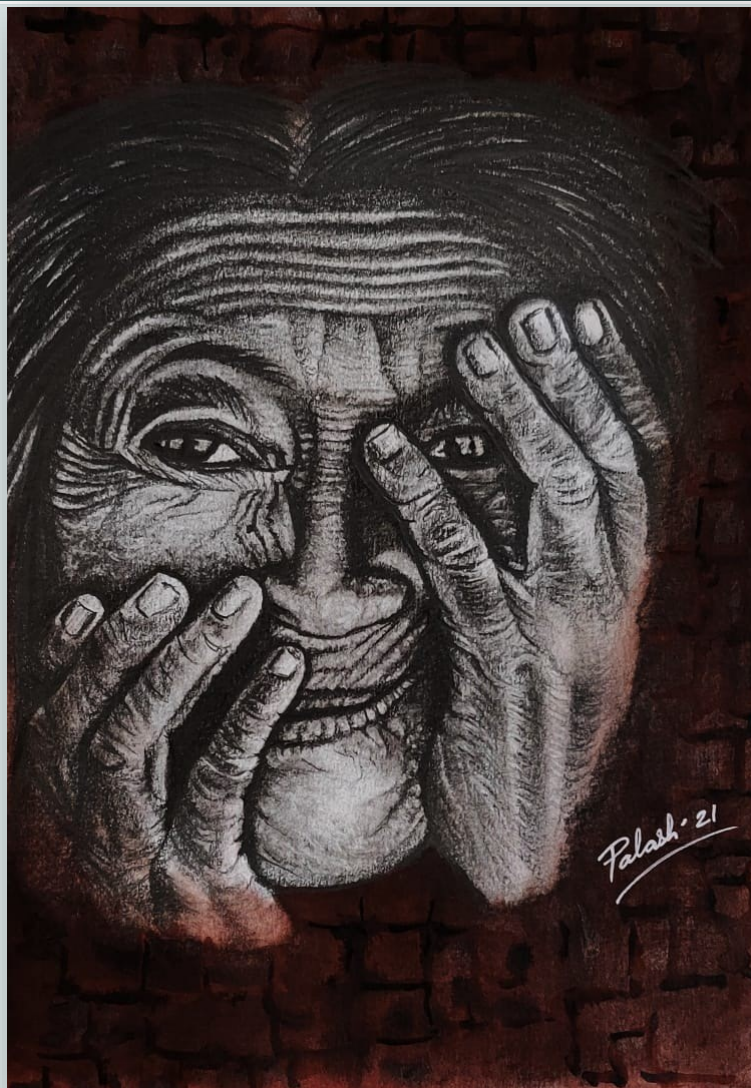
Art





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

Art





Dr. Praveen Bhatia,
MBBS, MD
Consultant Radiologist

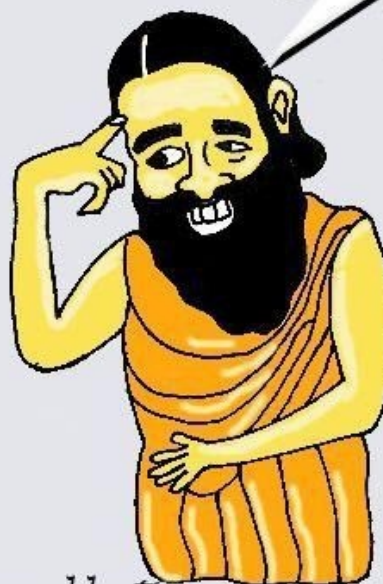
Humour

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.

Kidology with Shanaya

BABA WHICH IS YOUR PATHY
NATUROPATHY
OSTEOPATHY
HOMEOPATHY
ELECTROPATHY
MIXOPATHY

IT'S
PSYCHOPATHY



dr praveen bhatia

YOU HAVE TOPPED IN ALL THE CLINICAL
SUBJECTS BUT YOU CAN NOT SET UP
PRACTICE IN INDIA

WHY SIR?

BECAUSE YOU HAVE
FAILED IN
JUDO & KARATE!



VIOLENCE
AGAINST
DOCTORS

dr praveen bhatia



Dr. Praveen Bhatia,
MBBS, MD
Consultant Radiologist

Humour

HARSH VARDHAN MADE TO RESIGN

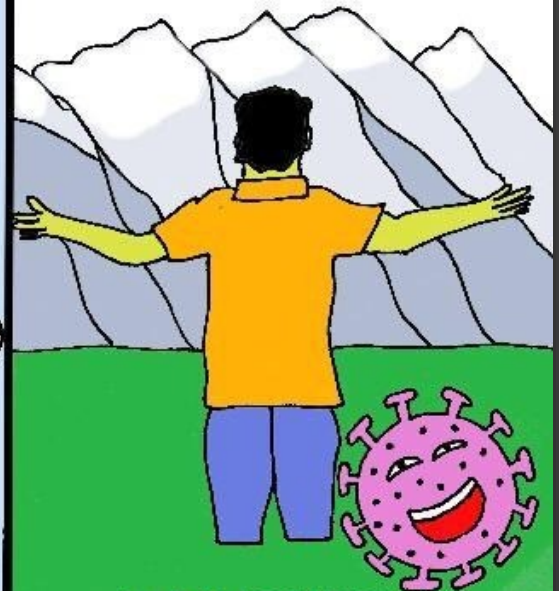


COOLING THE HEELS



DURING LOCKDOWN

COOLING IN THE HILLS



AFTER LOCKDOWN

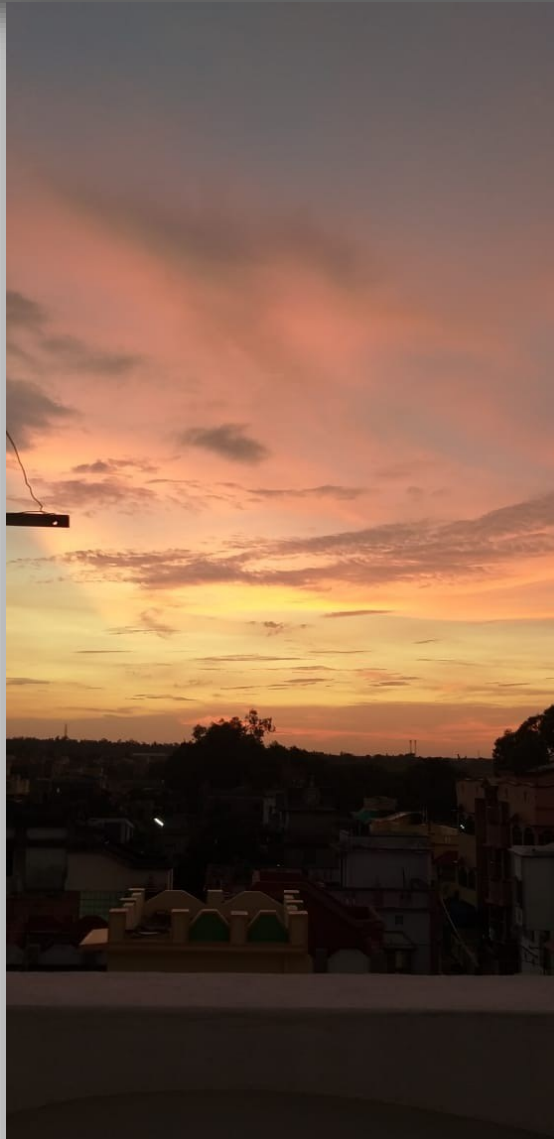
dr praveen bhatia



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

Photography

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 photographs depicting the different moods of sky. I am sure you will love them.





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

Photography





Dr. Kanchan Pathak
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Photography





Dr. Kanchan Pathak
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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.





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

Glamour Photography





Mr. Sushanta Bhadra,
MBBS, MD, DTMH, DNB,
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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. 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 Pizza Spring roll.

Pizza Spring Rolls

Chinese veg spring rolls made with an Italian twist, Stuffing is made with pizza ingredients and pizza sauce. These delicious vegan spring rolls are crunchy from outside, with a spiced vegetable filling from inside.

The covering /wrap can be made either at home (making the dough of refined flour) or frozen sheets easily available, I have used readymade sheets this time from baker's basket. Since these sheets are readymade, they are very thin and once fried they turn out crispy restaurant style.

Ingredients for the pizzas spring roll (10 rolls) -

- 2 finely chopped onions.
- 1 bowl of parboiled sweetcorn.
- 1 bowl of chopped olives.
- One can add veggies according to the individual choice.
- Grated cheese.



Other ingredients

- 1 tsp oregano
- 1 tsp black pepper
- 1 tsp red chilli powder.
- Salt to taste
- 3-4 tbsp of pizza sauce (readymade)
- Oil for frying and tossing of the stuffing.

Preparation of the stuffing -

1.Heat the oil in a pan or a wok.

2.Saute onions on high flame.

3.Next add sweet corns and black olives.

4.Add black pepper, oregano, salt, and a pinch of red chilli powder.

5.Saute vegetables until



veggies are half done yet crunchy.

6.Now add Pizza sauce and give a thorough stir.

7.Add generous amount of grated cheese.

Give time for this preparation to cool down at room temperature.



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

Preparation of rolls

1. Follow the instructions given on individual packs, I generally keep the sheet in wet cloth for 5-7 minutes before putting the stuffing over it.

2. Put the stuffing on one edge and start rolling till halfway. Once halfway fold the sheet like an envelope from both the sides as shown in pic.

3. Roll it till the end and seal the sides using a thick paste of refined flour and water.

Frying the pizza spring rolls.

1. Heat the oil on high flame in deep vessel.

2. Put the spring roll and keep stirring so that it is fried from all the sides.

3. Once the spring rolls turn golden brown, remove them from the flame, keep it over a tissue paper to remove the excess oil.



Serve Hot with cheese garnishing since this preparation is named pizza spring roll ... generous amount cheese inside out is absolutely must. Enjoy the tea time quick snacks.





Chitrakote falls,
Chhattisgarh, India.

Chitrakote Waterfall is a beautiful waterfall situated on the river Indravati in Bastar district of Chhattisgarh, India. The height of this waterfall is 90 feet. The specialty of this waterfall is that during the rainy days, the water is reddish, it looks absolutely white during the summer moonlight night.

Photography
Viral Parekh

Next issue in September 2021

I am bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in September, 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 25th. Of August 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



Reflections