

Reflections

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Volume II, Issue IX

September 2021



Reflections

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Radiologist's Musings - Viral Parekh

Hi!, Namaste,

I am very happy to present here the eighteenth issue of Reflections.

Belated happy Janmashtami to all of you. Janmashtami celebrates the birth of Lord Krishna. Ashtami means eight day of the lunar month. Each lunar month is divided into 30 lunar days. These are further grouped into two fortnights : a "bright" fortnight that comprises the waxing half of the phases of the Moon and in some Indian calendars is also known as Sud paksh and it culminates into full moon or Poonam and is followed by "dark" fortnight that features a waning Moon, which is also known as Vad paksh and it culminates into Amavasya. Ashtami signifies the half moon and indicates a perfect balance between the seen and unseen aspects of reality; the visible material world and invisible spiritual realm. Krishna's birth on Ashtami signifies his mastery of both spiritual and material worlds. His teachings are very relevant even now and they neither let you get lost in material pursuits nor make you completely withdrawn.

Krishna was clearly 'the dude' of his time. One of his many names was 'Mohan', which literally means 'bewitching' and 'a charmer'. We usually remember the eighth avatar of Vishnu as the cute little butter thief, or as the charioteer guide of Arjun, who helped the warrior find his path in the midst of battle. But Krishna is so much more than that.

In the battle of Kurukshetra, Arjun's conscience was haunted by the thoughts of killing his own kith and kin, ancestors and gurus. He gets in real dilemma and asks is it worth killing his own relatives for a piece of land? What is he going to achieve after all this? Even if they win the war is that victory worth after so many deaths and destruction? At that time Krishna advises him it is not about your relatives and teachers, it is about Karma, it is about good versus evil. He further advises Arjun "Do your duty and be detached from its outcome, do not get driven by the result, enjoy the journey of reaching there." In the end, he convinced Arjun to fight and destroy the enemies. Finally, there was victory of good over evil.

Krishna was a Casanova, a warrior, a musician, a true friend and an astute strategist. There are many lessons to be learnt from his life like :

- Never give up what you love - he never let his passion for music take a back seat in spite of various other commitments.
- Be a true friend. Sudama episode teaches us that friends are equal in spite of disparity in financial status.
- Be humble. In spite of being King of Dwarka, he donned the role of a humble charioteer for Arjun.
- Always raise your voice and protect women. Krishna stood for Draupadi and raised his voice against injustice done to a woman.

We can go on mentioning his teachings and an entire issue of Reflections will not be sufficient to accommodate all the teachings. But, in gist, the war between good and evil will go on and as Krishna teaches us, we must all side with good to fight evil, even if it represents your kith and kin.

This issue would not have been possible without the help of Dr. Nivedita Chakrabarty, Sushanta, Kanchan, Satyam, Dr. Rohini Patil, Dr. Praveen Bhatia, Dr. Madhuri Salwe, Dr. Anshuman Bhagowati, Dr. Juni Menon, and Dr. Ritu Lokhande. I am obliged and sincerely thank all of them.



Music



Foot Tambourine is an ideal accompaniment for cajon players or guitarists. ... Simply slip the durable elastic band on your shoe, and the tambourine is secured to your foot. Its plastic body is specially contoured so that it's comfortable to wear during performances.

Tambourines are often used with regular percussion sets. They can be mounted, for example on a stand as part of a drum kit (and played with drum sticks), or they can be held in the hand

and played by tapping or hitting the instrument. Tambourines come in many shapes with the most common being circular.



Tambourine is a percussion instrument of the family of idiophones, consisting of a frame, often of wood or plastic, with pairs of small metal jingles. It creates sound primarily by way of the instrument vibrating itself, without the use of strings or membranes.





Dr. Nivedita Chakrabarty
M.B.B.S., DNB
(Radiology),
Asst. Professor
Consultant Radiologist at
Tata Memorial Hospital,
Mumbai

The Emancipation

The storm will subside
The sunshine will again be bright
Hold on my dear friends
That day is not far behind.

Laughter will echo
Forlorn faces will turn cheerful and
glow
Hold on my dear friends
That day is not far behind.

All those broken will heal
Imbibing strength, vigour and zeal
Hold on my dear friends
That day is not far behind.

Mask free we all will be
Inhaling fresh air as deep as we can
breathe
Hold on my dear friends
That day is not far behind.

Friends will reunite
With good food and wine
Hold on my dear friends
That day is not far behind.

The streets will be flooded
With people of all races
Hold on my dear friends
That day is not far behind.

Success will see you in the eye
Challenging all hurdles that come
by
Hold on my dear friends
That day is not far behind.
Dreams will materialize
Adding sparkle to your smile
Hold on my dear friends
That day is not far behind.

Travellers will find solace
Beholding destinations of all kinds
Hold on my dear friends
That day is not far behind.

A new world will emerge
Filled with peace, compassion and
health conscious peers
Hold on my dear friends
That day is not far behind.

Hold on for some more time
With hope and empathetic mind
We shall sail through this pandemic
Staying optimistic, healthy and kind.

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.



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.

SMILE

Holiday tomorrow
Potter novel to borrow
Birthday approaching fast
Mommy's home at last
A game of carrom with Sis
Thought of pizza n pastries
Homework done quite savvy
Daddy promises a movie
Granny sent some goodies
Hanging out with buddies
All these events of ace
Put a Sweet SMILE on my face;

Midnight snack with parents
Vacation with grandparents
A refreshing swim on Sunday
Cycling to beach with Daddy
A game of cards with mommy
A nice piece of origami
A Justine Bieber number
A Saturday noon slumber
Freshly baked cookies in a jar
New cord to strike on guitar
All these moments of grace
Put a bright SMILE on my face

If I get up early
Workout nicely
Study quite well
Eat n sleep as well
Be a loving brother
And a helping neighbour
Fun n frolic with friends
Love n respect to parents
Do my bit everyday
Never falter any day
With this am sure to bring
A SMILE on my parent's face.

RESIDENCY

Where power lay with H.O.D
Daily slogging in OT IPD OPD

Never needed an alarm call
Severe cramp in the leg did it all

Rounds and dressings 5 am sharp
With or without breakfast OPD start

Admissions till noon

Gulp down lunch

And come back soon

Labour and OT till you drop down
dead

Evening rounds still lay ahead

If luck be yours fair chance to dine
Back to wards without killing time

Gaining knowledge costs you health
sleep and food

Journals n books read ;you should
Every answer on tongue tips lest ...

Someone should put you to test

Nurses and matrons ever ready to com-
plain

Day night efforts often went in vain

Desperately waiting for exams to come
Into this dungeon we shall never re-
turn...



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

Art

Dr. Juni Menon (M.S,D.O,DNB ophthalmology) is working as an Ophthalmic Surgeon at Arogya Medical Center, Surat, Gujarat. She is also a classical dancer formally trained in Bharatanatyam, Mohiniyattam, Kuchipudi.

She is also a fine artist - oil and Acrylic paintings, Pencil and charcoal sketching are her fields of interest. Here are few of her art works, paintings and sketchings. I am sure you will be mesmerized by her work.





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

Art





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

Art

Dr. Madhuri Salwe is also a fellow Radiologist. She started some pencil work in her childhood. There were many long gaps and then she drew some sketches while studying MBBS.

Her main journey of painting and sketches started when she completed her degree and joined a hospital, so whenever she used to get some time, she used to sketch some designs and then the rhythm started.

Whatever she learnt till date is from self experience, learnt from mistakes and she keeps on upgrading herself from pencil to acrylic on canvas to water color and white pencil on black and this the result of her journey. I am sure you will like it.





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

Art





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

Art





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

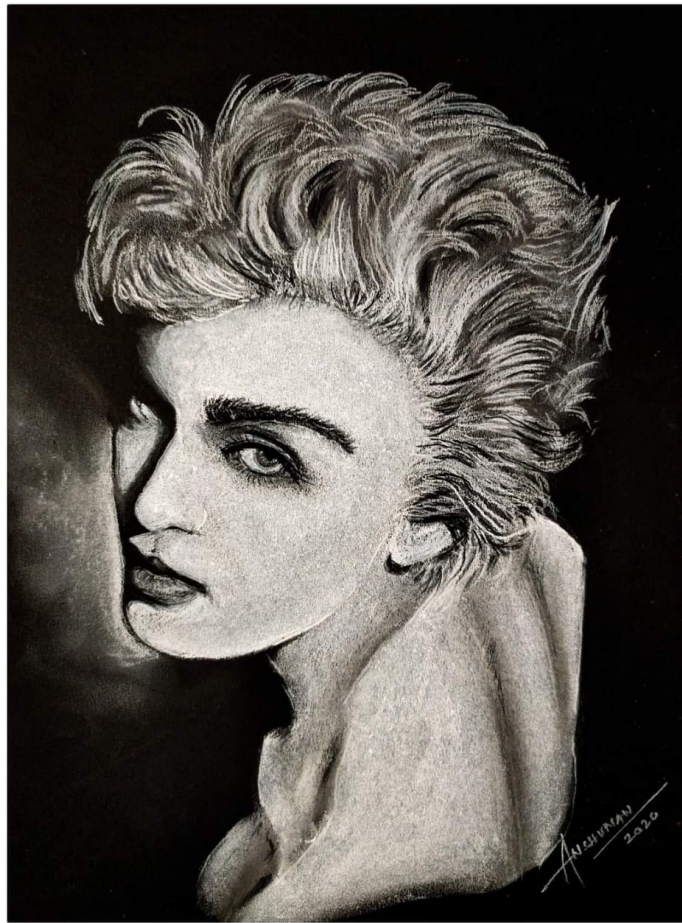
Art



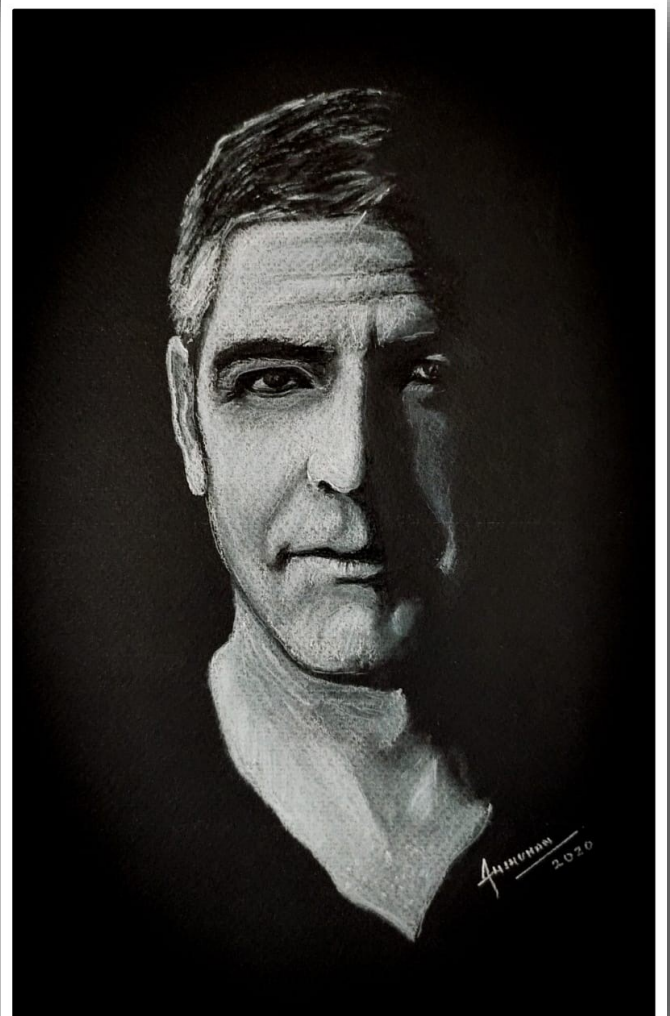


Dr. Anshuman Bhagowati,
MBBS, MD
Consultant Radiologist

Art



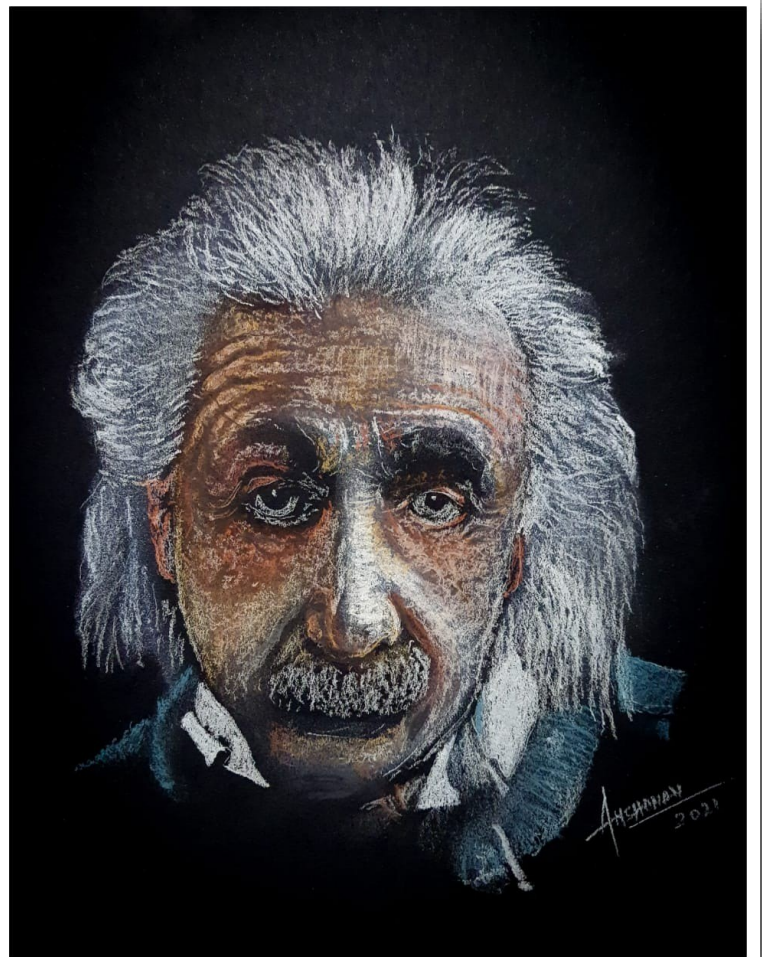
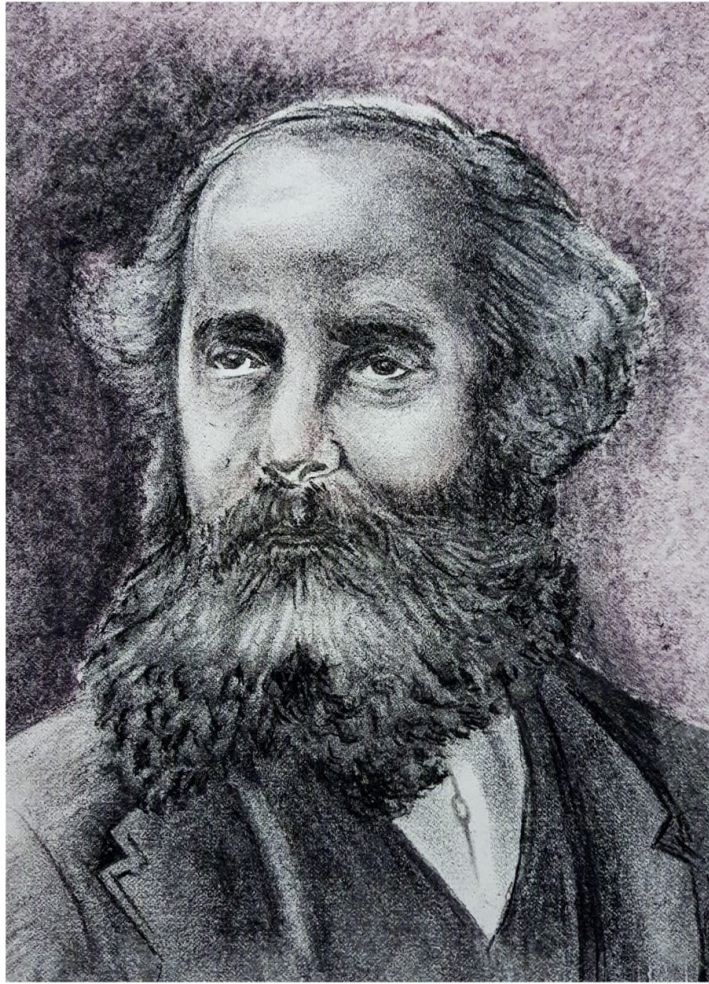
Dr. Anshuman Bhagowati is also a fellow Radiologist. He is currently working as the Deputy General Manager, Oil India Limited and heading the Radiology department at OIL hospital located at Duliajan, Assam. He did his MBBS from Assam Medical College and pursued MD from Gauhati Medical College, Guwahati. 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

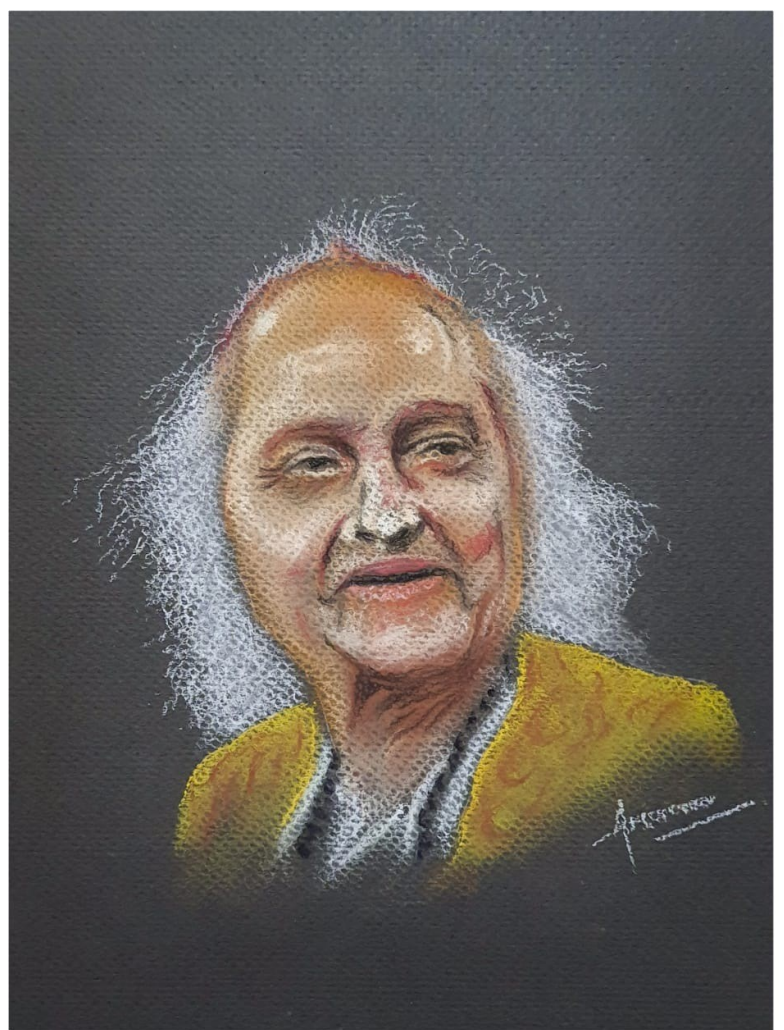
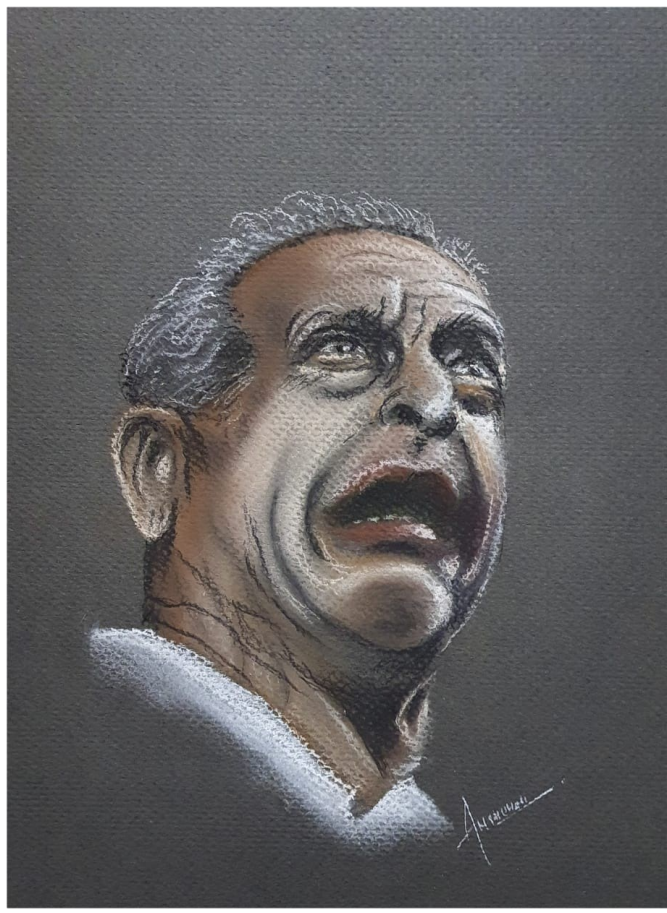
Art





Dr. Anshuman Bhagwati,
MBBS, MD
Consultant Radiologist

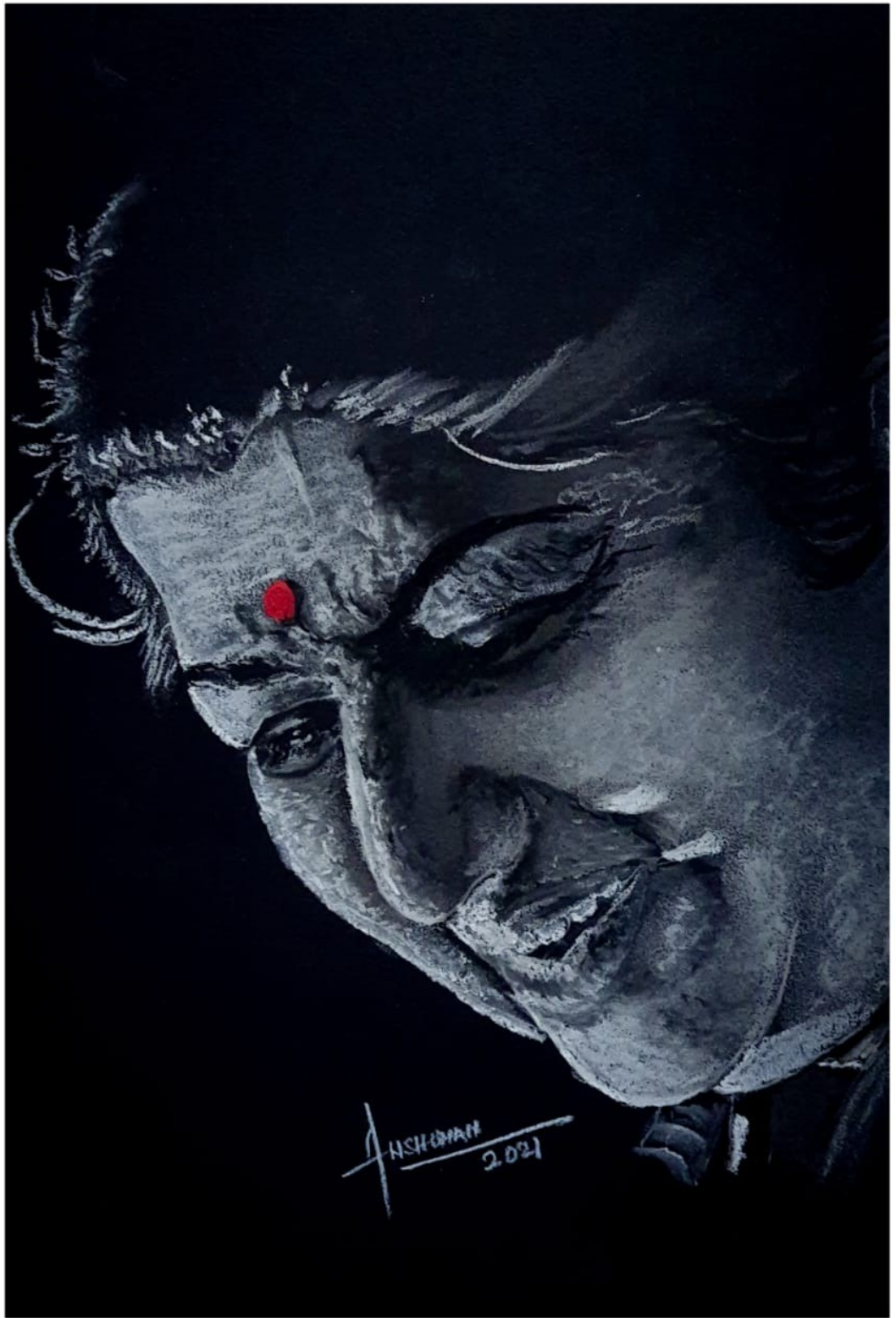
Art





Dr. Anshuman Bhagowati,
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.

Night duty

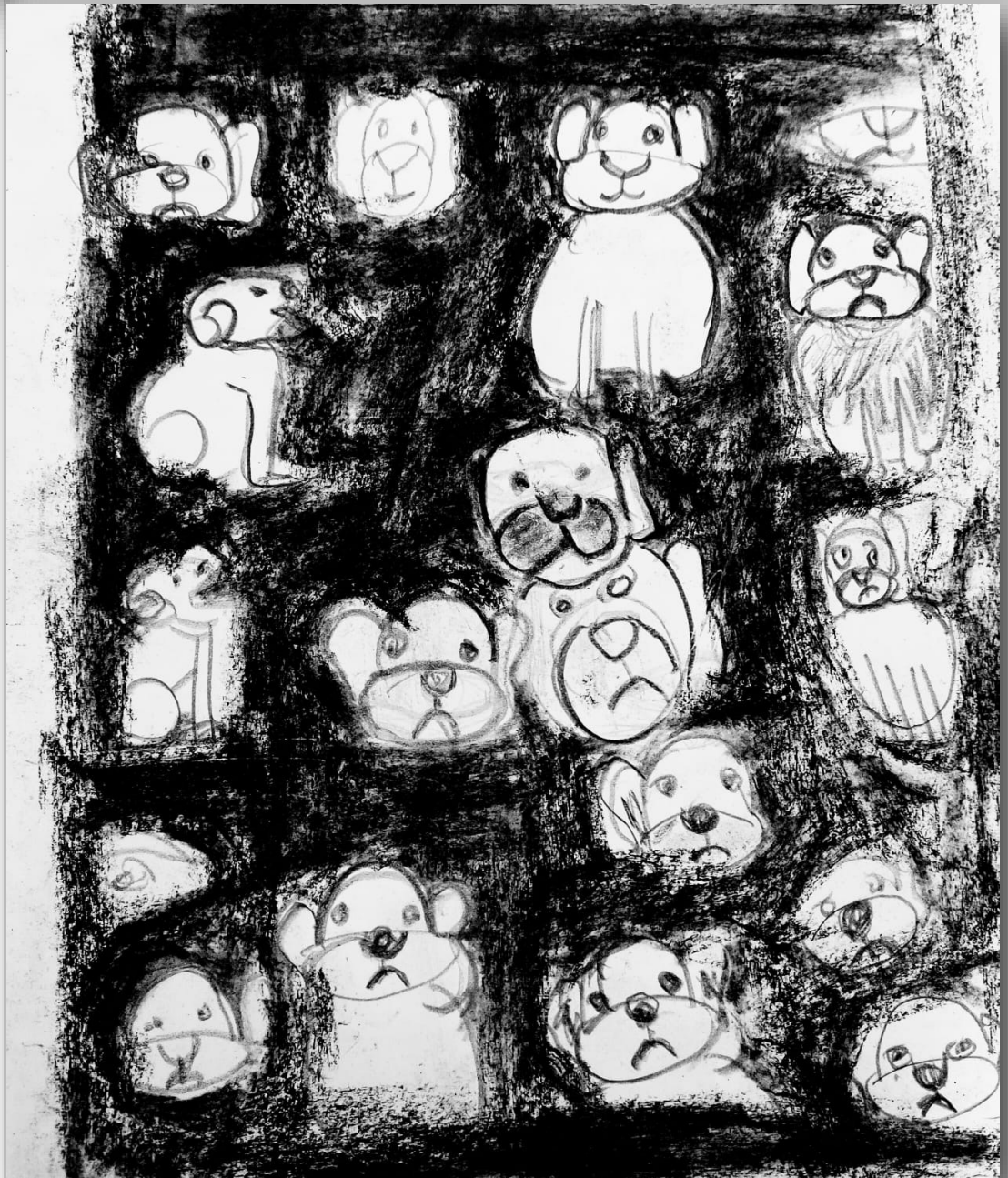




Dr. Kanchan Pathak
MBBS, DGO, MS
Consultant ENT Surgeon,
Nayagram Multispecialty
Hospital
Govt. of West Bengal,
West Bengal, India.

Art

Every dog has his day



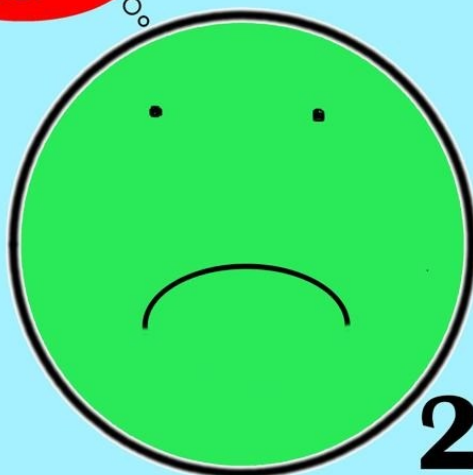


Dr. Praveen Bhatia,
MBBS, MD
Consultant Radiologist

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.

WHAT ABOUT ME?



PLASMA THERAPY

NOT BENEFICIAL

HYDROXY CHLOROQUIN

NOT BENEFICIAL

IVERMECTIN

NOT BENEFICIAL

REMDISIVIR

NOT BENEFICIAL

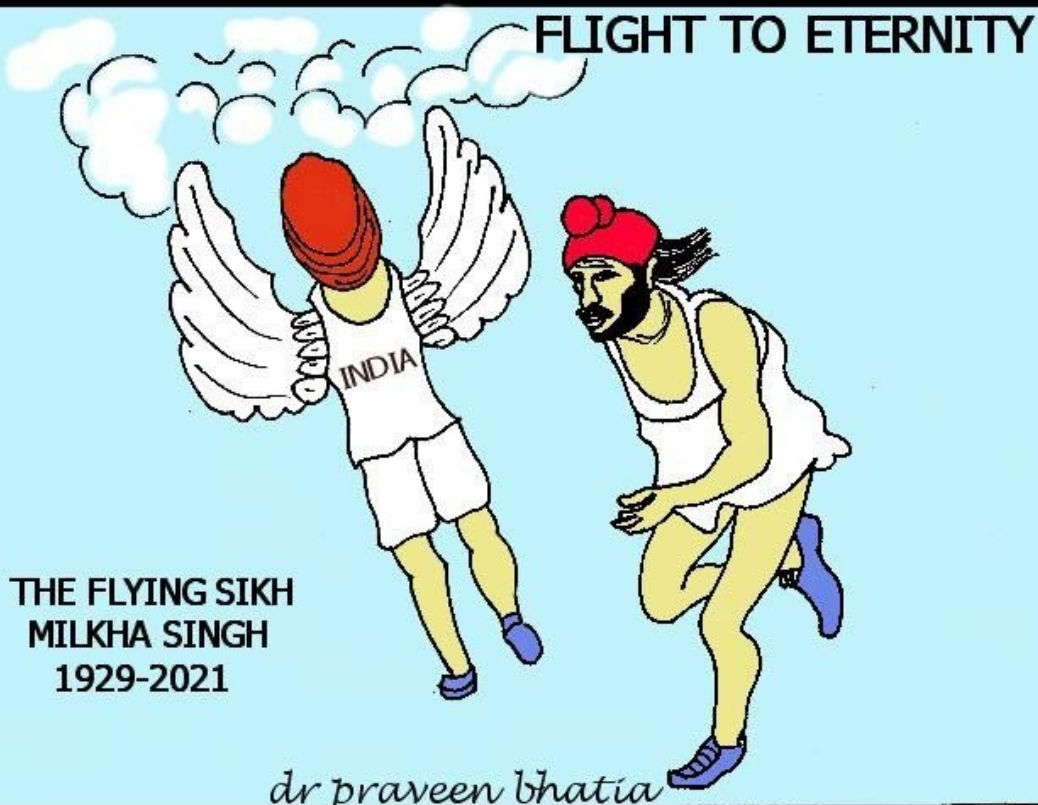
STEROIDS

RESULT IN BLACK FUNGUS

COVID-19 TREATMENT

dr praveen bhatia

FLIGHT TO ETERNITY



dr praveen bhatia



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

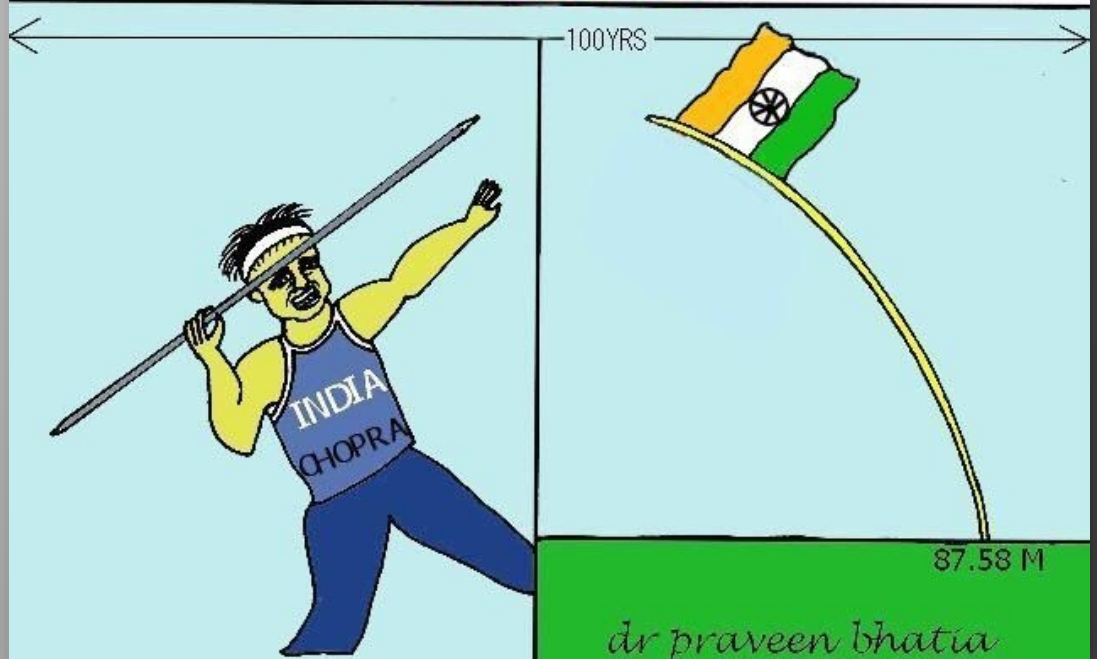
Humour

TWITTER BLOCKS RAVI SHANKAR PRASAD'S ACCOUNT FOR 1 HOUR



dr praveen bhatia

NEERAJ CHOPRA WINS OLYMPIC **GOLD** IN TOKYO
THE MIDAS THROW





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.

Blue tailed bee eater.



Chestnut tailed Starling.





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

Photography

Streak throated woodpecker.



© Satyam Kumar Maiti

Baya Weaver



© Satyam Kumar Maiti



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

Photography

Chestnut tailed Starling.



Black Drongo





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





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.

Vegetable Biryani

Dum Veg biryani is an aromatic rice dish made up with basmati rice, veggies, and Indian spices. This easy peasy recipe is loved by one and all. Biryani is all about exotic flavours, vibrant colours, and pleasing aromas. The bursting flavours are the result of goodness of veggies, caramelised onions, and rice.

Ingredients

Vegetables –

3 big Onions (fried)

1 bowl of chopped Beans

1 bowl of frozen Peas

1 bowl of Carrot



¼ kg paneer

For the marinade:

1 cup dahi



Ground masala



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, nev-
er realised when this
cooking became my pas-
sion.

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 moti-
vator for me to keep
spending time in the
kitchen when I was
learning to cook, deep
down you are definitely
enjoying the moment.
This lock down gave
wings to my creativity
and I could sharpen my
baking skills.

Dr. Ritu Lokhande

- 2 tsp ground coriander
- 2 tsp red chilli powder
- 1 tsp garam masala powder
- 2 tsp ginger garlic paste



Salt

For tempering -all the garam masala

bay leaf, cinnamon stick, clove, cardamom, black pepper.

3 bowl of basmati rice.

3 tbsp oil

1 tbsp ghee

Steps: Wash the rice under cold running water and soak it for half an hour.



Meanwhile chop the vegetables.

Fry the sliced onion



Culinary Arts

Drain fried slices of onion on absorbent paper.



Fry the paneer cubes. paneer is optional and frying or not frying is also your choice



Generally, veg biryani doesn't require any marination, but ritus special biryani has marination.



Culinary Arts

Take a bowl Add all the vegetables and half the fired onions and mix them well with curd and add ginger garlic paste add all the ground masala and keep it aside for half an hour.



After half an hour, sauté them over low heat till the vegetables are almost tender.

Believe me the result of the biryani are worth all the efforts as every bit is flavourful and infused with generous amount of carbohydrates and proteins.

Par Boil the rice in excess water and once its cooked say around 80 percent, drain the excess water.



In another pan Sauté the whole spices in deep heavy bottomed kadhai



Culinary Arts

Add cumin seeds once they begin to sizzle. Add cloves, cinnamon, nutmeg, peppercorns and bay leaf and sauté them till they get fragrant.



Assemble the vegetable biryani and serve hot

To assemble the biryani, Spread the remaining fried onions, spread a layer of rice (approx. half the quantity) over the onions. Then spread a layer of the vegetables and the chopped mint over the rice.





Culinary Arts



For garnishing, sprinkle rose water and a generous amount of ghee from all the sides.

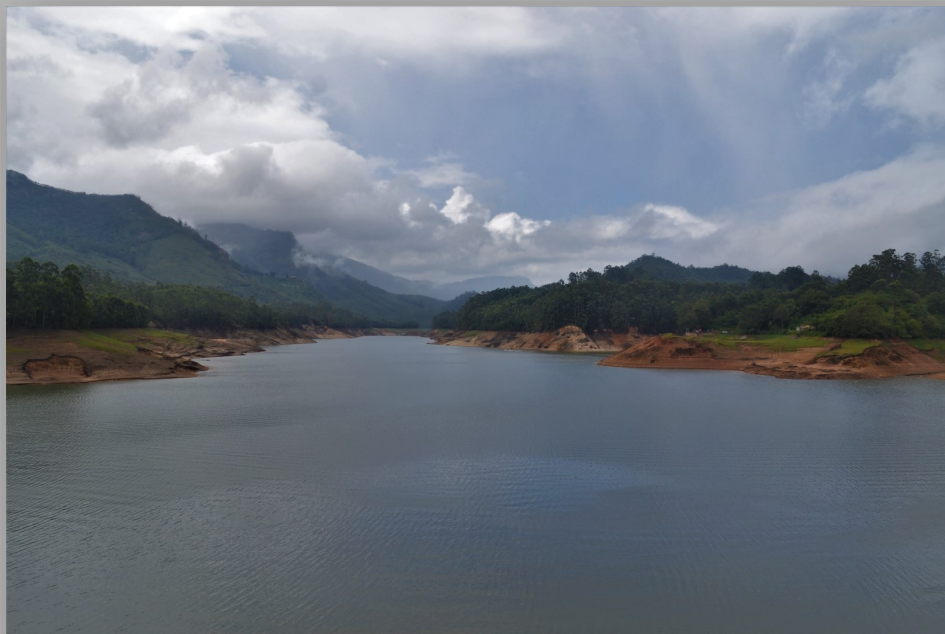


Garnish the biryani with fried cashews for the royal touch.

Serve with a gravy of your choice and raita.

Biryani is a complete meal and can be served with raita /gravy of one's choice /mirchi ka salan. And if it's served in lunch, it can be finished with a glass full of lassi





Periyar National Park and Wildlife Sanctuary is a protected area located in the districts of Idukki and Pathanamthitta in Kerala, India.

It is well known as an elephant reserve and a tiger reserve. The Park is a repository of rare, endemic, and endangered flora and fauna and forms the major watershed of two important rivers of Kerala: the Periyar and the Pamba.

Photography
Viral Parekh

Next issue in October, 2021

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