

"You cannot have a meaningful life without having self-reflection." — Oprah Winfrey

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"There is one art of which people should be masters – the art of reflection." — Samuel Taylor Coleridge

# Reflections

Volume II, Issue XI

November 2021



Photography : Dr. Reeta Bora

# Reflections

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## Radiologist's Musings - Viral Parekh

Hi!, Namaste,

I am very happy to present here the twentieth issue of Reflections. Wish you all a very happy Deepawali. We have many festivals in the month of November like Deepawali, Bestu Varas {Gujarati new Year} , Chhath Puja and Kartiki Purnima. I extend seasons greeting to all and I hope you all will have a great time.

A few weeks prior to Deepawali you will hear a lot of activists concerned about noise and air pollution caused by fire crackers. I appreciate their concerns about the pollution but their activism is confined to stop air and noise pollution only for one day and that is Deepawali. What about rest of the 365 days? Why this activists go in hibernation for rest of the 364 days?

A sound's loudness is measured in decibels (dB). Normal conversation is about 60 dB, Heavy traffic, window air conditioner, noisy restaurant are about 85-90 dB and a loud rock concert is about 120 dB . In general, sounds above 85 are harmful, depending on how long and how often you are exposed to them and whether you wear hearing protection, such as earplugs or earmuffs. On any road in an Indian city on a working day, the noise level is usually around 90-100 dB . People honk unnecessarily and sometimes lot of people have habit of honking continuously while driving, even on an empty road. What does this reflect about us? It says that we are totally ignorant about harmful effects of noise and we are least concerned about being decent enough to others by disturbing their tranquility.

Same applies to air pollution. Lot of our cars driven on Indian roads spew venom. There are lot of industries who cause heavy air pollution and most of them flout many of the rules about stopping air pollution. You have to have a pollution control license for driving your car. But people flout this regulation also quite often.

Have you ever seen an activist stopping a honker and educating him about harmful effects of noise? Have you ever seen a bunch off activists stopping a pollutant car or asking a pollutant factory to stop pollution. This activism for a day is not enough , the vigil must go on for rest of 364 days also. The law enforcing authorities immediately arrest a reveler bursting crackers on a Deepawali day. That is very appreciable. But why they are dormant for rest of 364 days? What about people flouting rules for rest of 364 days?

Anyway, I hope better senses will prevail some day and we must create awareness about various forms of pollution at the school level. We must discipline our car owners and driving license should only be given to a person who is aware about effects of noise and air pollution. I hope we will have clean air to breathe and have tranquility on Indian roads. You may say I am a dreamer. But I hope I am not the only one.

This Deepawali enjoy the festival of lights, commemorating the victory of good over evil. Have a blast {oops not by crackers} and have a great time.

This issue would not have been possible without the help of Dr. Rohini Patil, Dr. Shalini Agarwal, Kanchan, Dr. Varsha Vaishnav, Dr. Sushma Marulkar, Dr. Ritu Gupta, Dr. Praveen Bhatia, Dr. Reeta Bora, Satyam, Sushanta, and Dr. Ritu Lokhande. I am obliged and sincerely thank all of them.





## Music



Trumpet is a wind instrument consisting of a conical or cylindrical usually metal tube, a cup-shaped mouthpiece, and a flared bell. It is noted for its powerful tone sounded by lip vibration against its cup-shaped mouthpiece.

Modern trumpets also have three piston valves as well as small, secondary tubing that act as tuning slides to adjust the tone. Almost all trumpets played today are B-flat. This is the tone naturally played when the trumpet is blown. They are comparatively easier to play than other brass instruments.

There are several instruments which are related to the trumpet. Piccolo trumpet is half the length of the trumpet and is pitched one octave higher. Some piccolo trumpets have three valves; however, four is standard. Since the instrument is



short, it needs a fourth piston valve in order to sound lower notes.

A pocket trumpet has the same length tube as a normal trumpet, but is coiled into a more compact shape. Depending on the manufacturer, in some cases the shape of the bell, the bore size or other features are made smaller in order to make the instrument more compact.

The cornet and the flugelhorn are also relatives of the trumpet. Compared to the trumpet and the cornet, however, both of which have tubes that are almost cylindrical along their entire length, the flugelhorn has a pronounced conical shape. Since a conical tube produces a mellower sound than a cylindrical tube, the instrument creates a completely different impression. Try comparing the different instruments by listening to the sounds that they produce.



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 : FACE VALUE

Didn't hear the alarm; woke up late  
Smile at your folly ;then make haste  
No milk left, widen your smile  
Serve green tea; and don't feel futile  
Maid not come ; time to ponder  
Wear your best smile n get things  
in order  
Missed your routine train ;don't get  
drained

Grab something to eat; Smile enjoy  
the treat

Boss howls at you ;give a cold  
shoulder

Try to mimic him; smile and laugh  
louder

Pay day postponed; No mistake of  
yours

Gather your pals together; get a cut-  
ting chai to cheer

No one can make you smile but you  
An ear to ear smile will take you  
through

### Cuppa Chai

Howsoever you try  
To say bye bye  
But your morning need start  
With a refreshing cup of chai

The steaming hot potion  
Is the best notion  
Giving a rejuvenation  
To start work with devotion

As sweet aroma feels the air  
That keeps you awake n aware  
That one cupful will yield  
The conviction you'd appealed  
To keep one's spirits flying high  
A cuppa chai one should never de-  
ny

**When ever a devastating terrorist  
attack happens then...**

And then a doctor 's view point....

And they arrive in casualty  
Smeared with blood n filthy  
And we run helter skelter  
To shift them to the theatre

CT MRI's and pathology  
X-ray machines and sonology  
All brought to their rescue  
At 12 mid night or 2

Work sleepless till dawn  
No food or water till morn  
To sort n execute every plan  
To save as many as we can

Who was guilty or not  
Has never been our look out  
When done we leave the scene  
To reach to those moving in.....





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

## Literature

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

### Pandemic: The Second Wave

Beneath a calm surface,  
we dissolved in a blink.  
Just a flutter; a tired droop;  
a moment skipped under the lids.  
A dream that was a mare,  
splashed across the sleeping world.  
Darkness swooped took its prey  
Lives snatched in their bloom  
Pyres burnt bright with grief  
Ashes merged in the Ganges of  
tears  
Humanity cried united in pain

Is this the gloom of the doom;  
for real upon us?

### Pandemic: The Road Ahead

Will the pain dive deep to the core  
of napping self?  
Will we emerge in a better place  
from the havoc of this unsurpassed  
agony?  
Will we build a temple, a mosque,  
or a church  
and seal it with the tears run dry?  
Will we crave for the time bygone or  
move ahead to the heavens new?  
Will the base nature be crushed, or  
will the devil alight from the ruin?  
Will time wait for our pain or happiness?  
Rule or die in moral penury  
Are they the only choices for us to  
choose?

### श्रद्धांजलि

एक लौ फड़फड़ाती है  
और दिया बुझ जाता है  
तुम खामोश हो जाते है  
अंधेरा हमे मिल जाता है  
मेरी हथेली पर तुम्हारा  
हाथ अब भी छू जाता है  
एक झोका याद का  
बेचैन, अब भी कर जाता है  
कानो मे तुम्हारी आवाज  
अब भी कुछ कहती है  
एक साथ तुम्हारे कदम  
हर पल, अब भी चलते है  
दरवाजे की आहट पर  
तुम्हारा ही आगाज होता है  
तुम्हारी खुशबु का एक झोका  
अब भी दिल को छू जाता है  
होली, दीपावली, दशहरा पर  
तुम्हारा जिक्र अब भी आता है  
अब तुम मेरे साथ नहीं हो  
पर अहसास फिर भी हो जाता है



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

## Calcutta Canvas

Kumartuli is a locality in the older part (Northern) of Kolkata. This is the place where local artisans make the earthen idols of various Gods. The area is active throughout the year. Kumartuli hosts the workshops and also the residences of the artisans. Proximity to the Ganges river, which provides Gangamaati (the mud from the Ganges) for the idols, makes the place convenient for the artisans. Though famous internationally for its workmanship, narrow alleys give the place a congested look. An ideal spot to witness real Kolkata which decks up the whole city barring itself. We had Durga Puja last month and have Kali Puja this month. Kanchan visited the place before the Durga Puja when clay idols of Maa Durga were in making. Here are some of the photographs.







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

## Calcutta Canvas

**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 photos related to Durga Puja. I am sure you will love them.







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MBBS, DGO, MS  
Consultant ENT Surgeon,  
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## Calcutta Canvas







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## Calcutta Canvas







**Dr. Kanchan Pathak**  
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West Bengal, India.

## Calcutta Canvas







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.



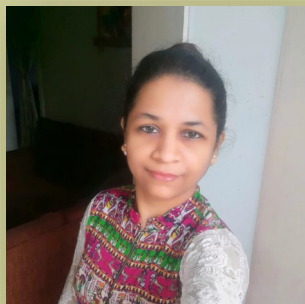




Dr. Varsha Vaishnav,  
MBBS, MS  
Consultant Ophthalmolo-  
gist,  
Bhopal, MP.

Art





**Dr. Sushama Marulkar**  
MBBS, DMRE  
Radiologist  
Shubham Diagnostic Centre,

## Art

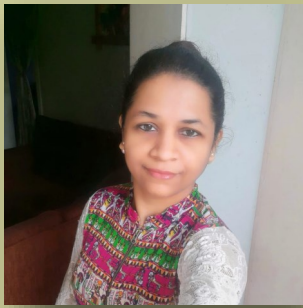
Dr Sushama Marulkar is also a Radiologist. She completed her MBBS from MGM Medical college, Navi Mumbai. She did her DMRE from Kolhapur. She and her husband who is also a Radiologist have their own diagnostic Centre, Shubham Diagnostic Centre at Satara, Maharashtra.

During school days, she passed elementary, intermediate drawing exams with good grades, had dream to pursue a career in photography or fashion designing. During MBBS days, she had won art related and rangoli competitions.

After starting her own clinic, she also got interested in satin flower making, so created her own Facebook page, Sushama's magic with uploads of satin flower making procedures. Later on, tried hands on various artforms, but sketching is most skillful art learnt during lockdown. Here are some of her artwork

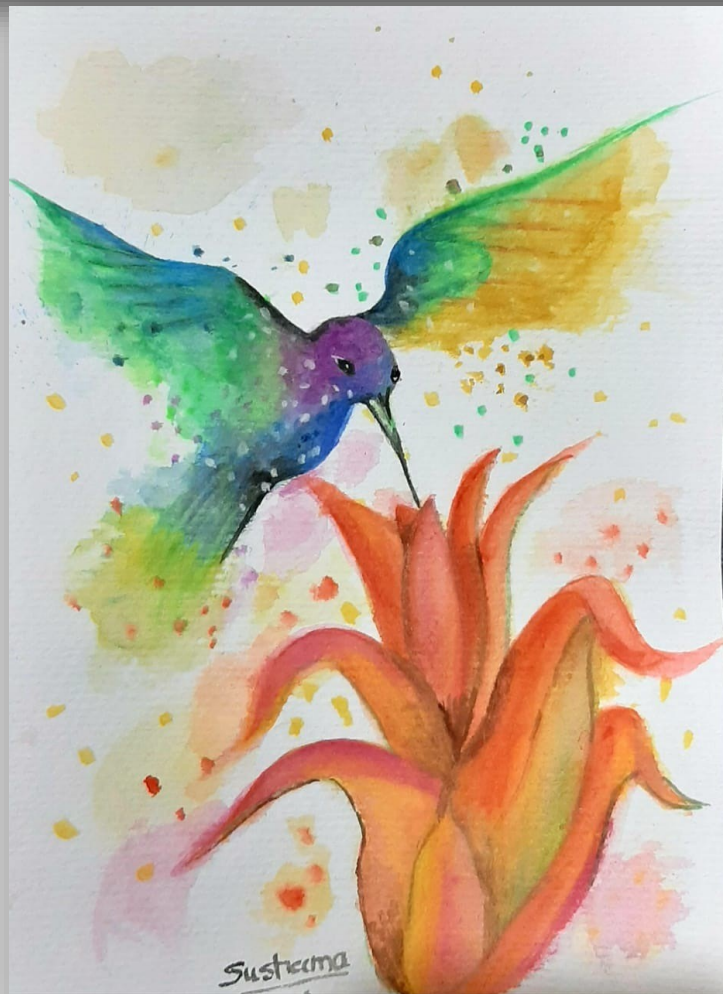
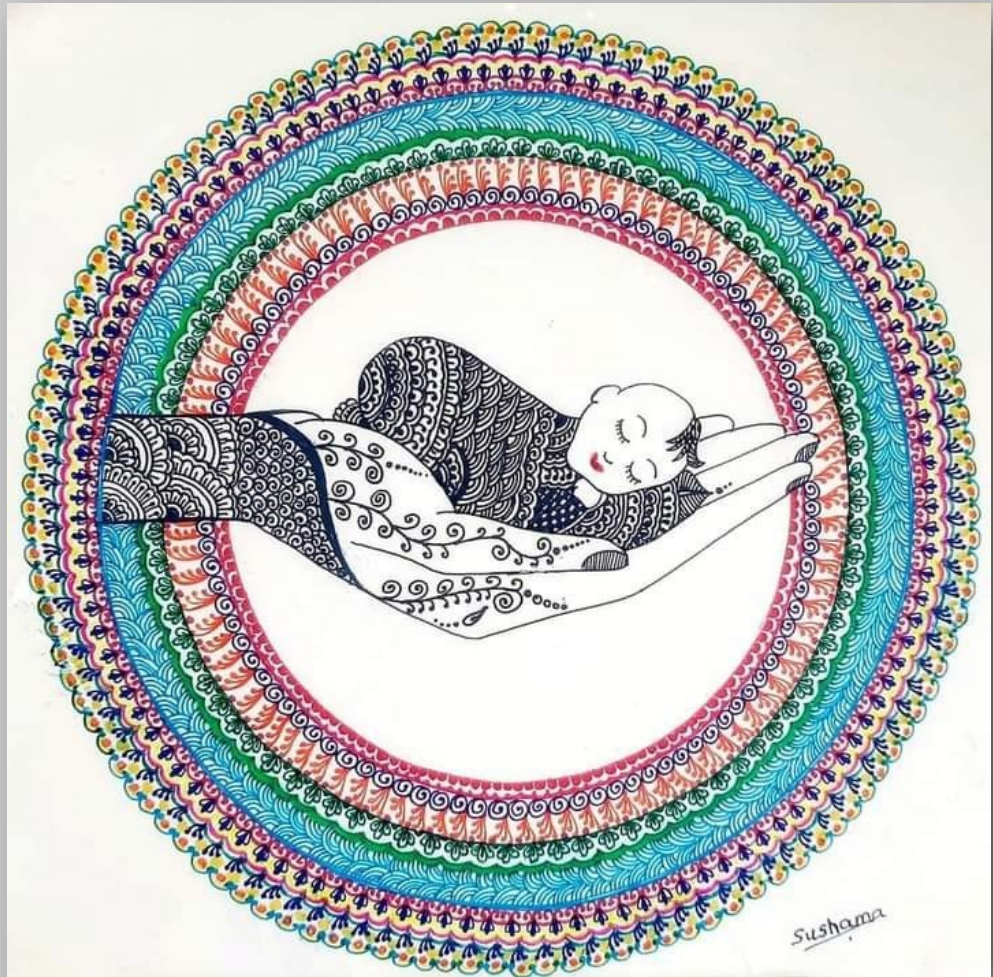






Dr. Sushama Marulkar  
MBBS, DMRE  
Radiologist  
Shubham Diagnostic Centre,

Art







Dr. Ritu Gupta  
MBBS( Gold medallist) ,PGD  
Hospital  
management,  
Bengaluru

## Art

Dr. Ritu Gupta is a General Physician by profession and is based in Bengaluru. She is an avid photographer and a painter. In this issue we will have some of her paintings here as well as some of her photographs on first and last page of this issue of Reflections. I am sure you will like it.

### Phad painting

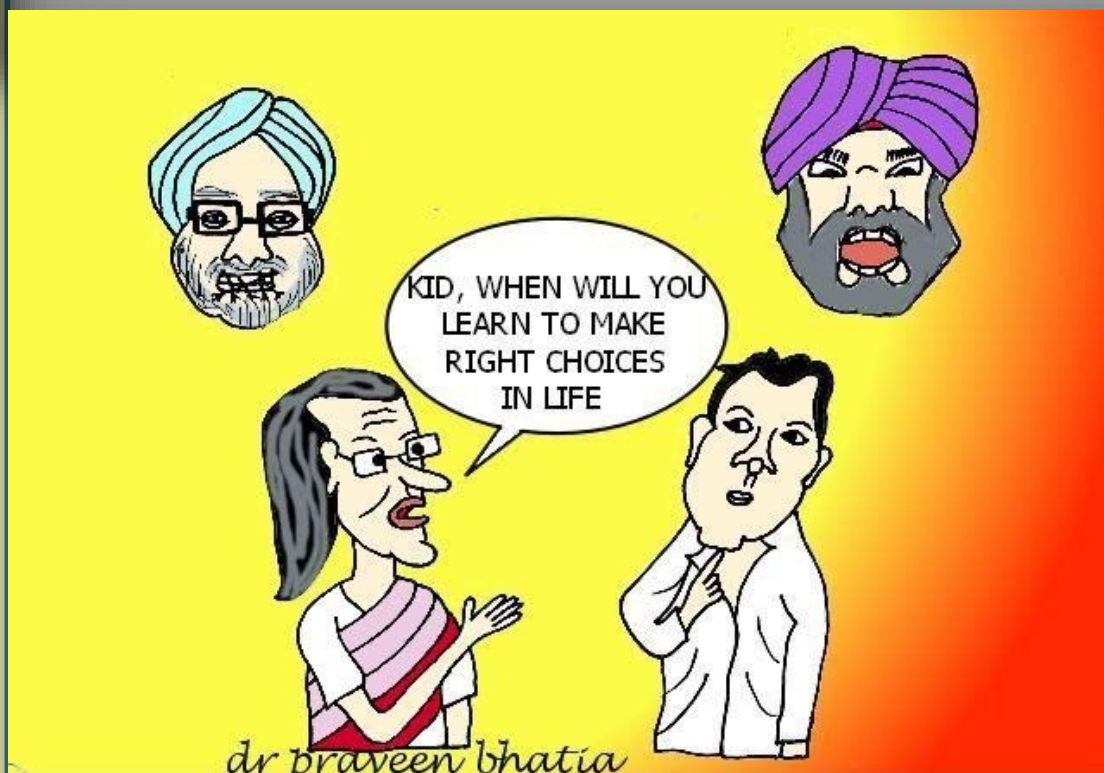






Dr. Praveen Bhatia,  
MBBS. MD  
Consultant Radiologist

## Humour



### TATA GROUP TAKES OVER AIR INDIA CABIN CREW TO BE OVERHAULED

SLIMMING CENTRE

BEAUTY PARLOUR



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



Dr. Praveen Bhatia,  
MBBS. MD  
Consultant Radiologist

**Humour**

NEERAJ CHOPRA BECOMES 2ND INDIVIDUAL OLYMPIC GOLD MEDALIST AFTER ABHINAV BINDRA IN INDIA



SHOOTING, JAVELIN THROW DONE, ARCHERY MISSING  
COME ON DEEPIKA KUMARI, TRAIN HARDER TO COMPLETE THE  
FIGHTING TRIUMVIRATE AT PARIS

*dr praveen bhatia*

WE'RE GOING TO CROSS AFGHAN AIR SPACE  
ALL LADY PASSENGERS ARE REQUESTED TO COVER THEMSELVES  
WITH BURQAS



*dr praveen bhatia*





**Dr. Reeta Bora**  
**MBBS, MD**  
Consultant Neonatologist  
Dibrugarh Assam.

## Photography

Dr. Reeta Bora is a Pediatrician and Neonatologist by profession. She did her MBBS from Assam medical college Dibrugarh, MD Pediatrics from Assam Medical college, Dibrugarh and DM Neonatology from PGIMER Chandigarh. Her hobby has been painting since childhood, but with availability of cameras in cell phones, photography has become an easy way for her to capture beauty of day to day life. It has become a way for relaxation for her too. Here are some of her photographs. I am sure you will like them.







**Dr. Reeta Bora**  
**MBBS, MD**  
Consultant Neonatologist  
Dibrugarh Assam.

## Photography







**Dr. Reeta Bora**  
**MBBS, MD**  
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Dibrugarh Assam.

## Photography





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.



© Satyam Kumar Maiti



© Satyam Kumar Maiti





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

## Photography



© Satyam Kumar Maiti



© Satyam Kumar Maiti



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West Bengal, India.

## Photography



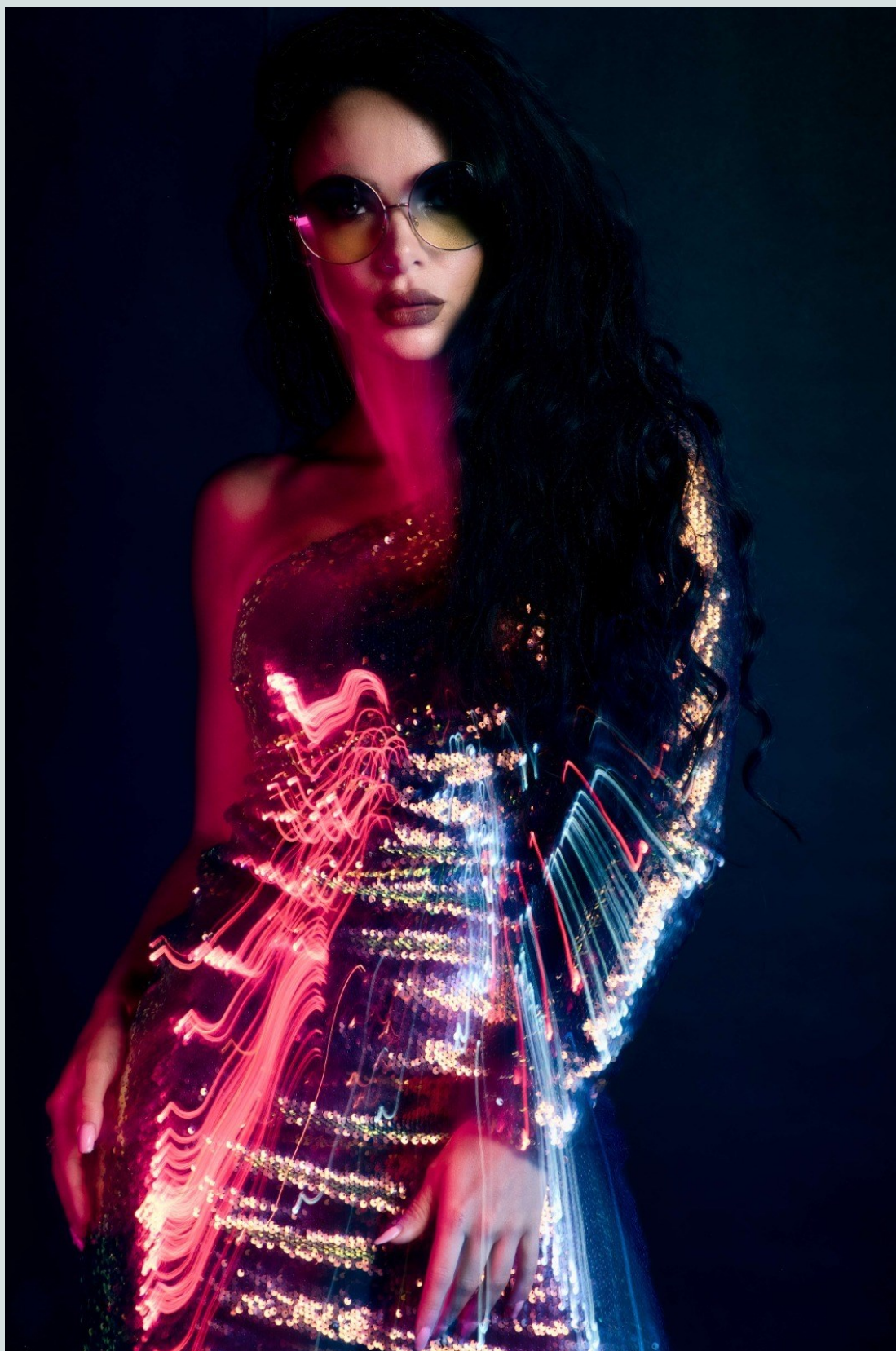




Mr. Sushanta Bhadra,  
MBBS, MD, DTMH, DNB,  
FRCOG, FRCGP, LLB.  
Clinical Director,  
North Bexley PCN

## 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,  
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FRCOG, FRCGP, LLB.  
Clinical Director,  
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## Glamour Photography







Mr. Sushanta Bhadra,  
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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 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.

### Bombay Halwa

#### Bombay Halwa

A sweet made with cornflour and ghee. It is one of my personal favourites!

I do not know if this halwa originated in Bombay but all I know is that I have been a huge fan of it since childhood. It is also known as Karachi Halwa

Bombay Halwa has a very chewy texture. It makes for good dental exercise I must say

The halwa is fairly simple and does not require too many ingredients but yes, it is really a good hand exercise.

#### Ingredients

- 1 cup cornflour/corn-starch
- 4 cups water
- Few drops of orange food colour
- 3/4 cup white sugar
- 1/2 teaspoon cardamom powder
- 1/3 cup ghee
- 2-3 tablespoons chopped pistachios, almonds, and cashews







## 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

### Steps

1.In a bowl whisk corn flour with 2 cups water till there are no lumps.



2.Add few drops of orange food colour and mix to combine. Keep it aside.



3.Take a pan on medium heat, add sugar and remaining 2 cup water. Cook for 3-4 minutes or till the syrup becomes sticky



Add corn flour mix. Keep stirring on low heat for at least 10-15 minutes. It will become thick and sticky.



## Culinary Arts



Start adding ghee from the edges, do not forget to keep stirring all the time.

Add chopped nuts, cardamom powder and mix. Add all ghee by now and keep stirring.

The end point is the halwa will become thicker and leave sides of the pan.

Keep cooking the halwa on medium heat till it starts looking shiny, around 15 more minutes.

Transfer halwa mixture to a greased pan, sprinkle more nuts on top. Press them down with a spoon.

Let the mixture cool down for 2-3 hours. Once completely set, cut into pieces of your desired shapes, and enjoy! Keep refrigerated.







Kanha-Kisli National Park, is one of the tiger reserves of India and the largest national park of the state of Madhya Pradesh. The present-day Kanha area is divided into two protected areas, Hallon and Banjar, of 250 and 300 km<sup>2</sup> respectively. Kanha National Park was created on 1 June 1955 and was designated a tiger reserve in 1973. Today, it encompasses an area of 940 km<sup>2</sup> in the two districts Mandla and Balaghat. The lush sal and bamboo forests, grassy meadows and ravines of Kanha provided inspiration to Rudyard Kipling for his famous novel "Jungle Book". The Park's landmark achievement is the preservation of the rare hardground Swamp Deer (Barasingha), saving it from near extinction. Stringent conservation programs for the overall protection of the Park's fauna and flora, makes Kanha one of the most well maintained National Parks in Asia.

### Next issue in December, 2021

I am bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in December, 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 November 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](mailto:reflections2020@hotmail.com)  
 So long. Viral Parekh



Photography - Dr. Viral Parekh



## Reflections