

"By three methods we may learn wisdom: First, by reflection, which is noblest; Second, by imitation, which is easiest; and third by experience which is bitterest." Confucius

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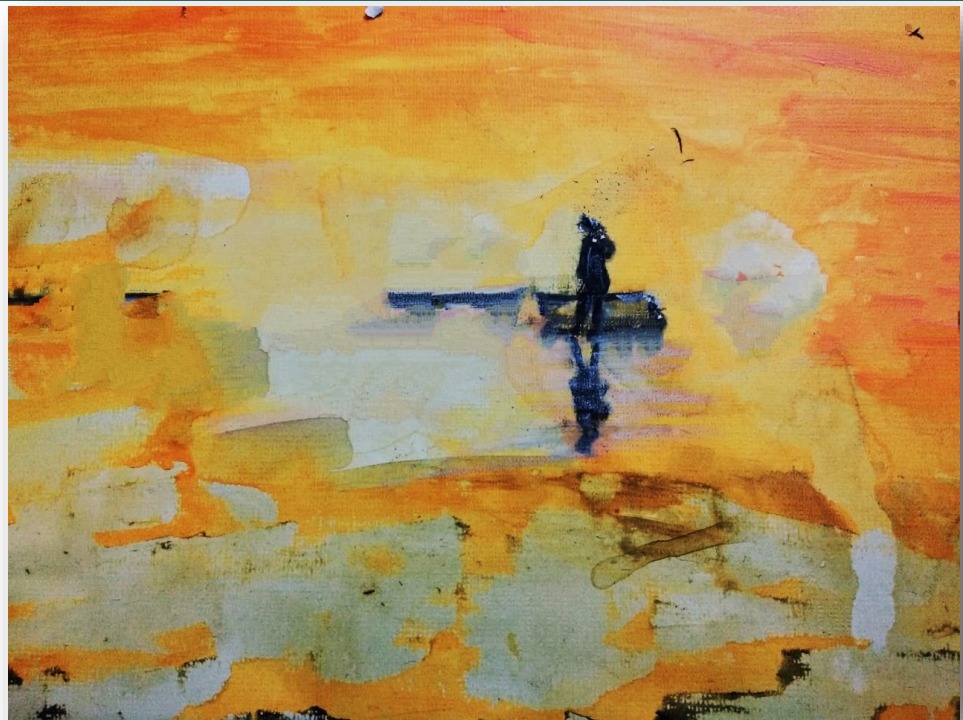
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"Since everything is a reflection of our minds, everything can be changed by our minds." Buddha

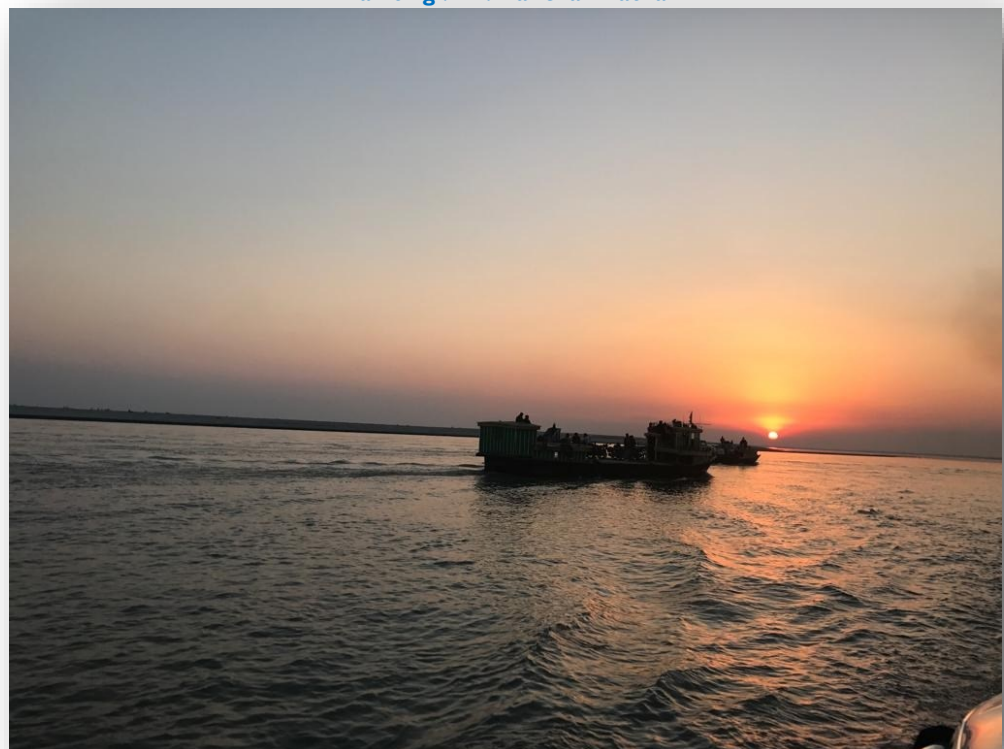
Reflections

Volume II, Issue XII

December 2021



Painting : Dr. Kanchan Pathak



Photography : Dr. Reeta Bora

Reflections

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Radiologist's Musings - Viral Parekh

Hi!, Namaste,

I am very happy to present here the twenty-first issue of Reflections. Wish you all a very happy Christmas.

What do we want from life? Different persons have different goals for their own lives. Some one wants to achieve a particular position in an organisation, someone wants to rule, someone wants to make lot of money, someone wants be a good sportsperson, someone wants to be a good and famous doctor. But one need is universal, and that is the need to be happy. But what gives us happiness? Someone thinks that if I make so much money, I will be happy; someone thinks that if I buy a particular car, I will be happy. What we all suffer from is destination addiction - preoccupation with the idea that happiness is in the next place, the next job and with the next car.

Many people believe that happiness is having fun at a party, the excitement of new experiences, the thrill and passion of sex, or the delights of a fine meal. These are all wonderful experiences to be cherished but they are not happiness. These experiences are the definition of pleasure.

Pleasure is fleeting and happiness is not the same thing as pleasure, then what is happiness? Happiness comes when you feel satisfied and fulfilled. Happiness is a feeling of contentment, that life is just as it should be. Perfect happiness, enlightenment, comes when you have all of your needs satisfied. But needs are unlimited. So true happiness comes only when you have a sense of contentment. If you are satisfied with whatever you have and whatever you have achieved then only true sense of contentment comes. I have seen very rich people unhappy with their lives and I have seen people with limited resources satisfied with their lives.

Frederick Keonig has rightly said "We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have." "A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy?" asks Albert Einstein. "Very little is needed to make a happy life; it is all within yourself, in your way of thinking." says Marcus Aurelius Antoninus.

We all have to train ourselves to be content and satisfied and once we achieve that we have achieved enlightenment and we are on the right path to reach to ultimate destination of finding happiness. So friends, I wish you all a life of contentment and sheer happiness in coming New Year, 2022.

This issue would not have been possible without the help of Dr. Simi Gulati, Dr. Rohini Patil, Dr. Shalini Agarwal, Dr. Debjani Gupta, Dr. Harshit Kramadhari, Dr. Saurabh Deshmukh, Kanchan, Dr. Varsha Vaishnav, Dr. Praveen Bhatia, Dr. Reeta Bora, Dr. Anup Sadhu, and Dr. Ritu Lokhande. I am obliged and sincerely thank all of them.

Wish you all a very happy Christmas



Dr Simi Gulati
Specialist and Head of
Department
(Ophthalmology)
Charak Palika Hospital
(NDMC), Delhi

Artforms

A multitalented artist, Dr. Simi Gulati has had a passion and flair for art and craft for long. She loves to work on all types of media to express her ideas, exploring myriad art forms and using vibrant colors. She truly believes that an artist need not follow any rules, except those that emanate from the heart. She loves to paint human figures and everyday situations. Her art can provoke you, make you emotional, or leave you bewildered.

Currently she is breaking out into the art scene, having exhibited her work at small but significant locales around the city. She has won accolades from peers and friends, both on online and offline forums. Here is her some of her art as well as craft.

Connect with her on:

Facebook: <https://www.facebook.com/doctorartist>

Instagram: @simigulatimakkar



Saura painting is a style of wall mural paintings associated with the Saura tribals of the state of Odisha in India. The word 'Sora' is derived from 'So' (hidden) and 'Ara' (tree), or in other words, people who have been living in the forest and have built their settlements deep in the forests. These paintings are visually similar to Warli paintings and hold religious significance for the Sauras that are among the most ancient of tribes in India and find mention in the Hindu epics of Ramayana and Mahabharata.

The Saura wall paintings are called Italons or Ikons (or Ekons) and are dedicated to Idital (also Edital) the main deity of the Sauras. These paintings draw upon tribal folklore and have ritualistic importance. People, horses, elephants, the sun and the moon and the tree of life are recurring motifs in these ikon.

Saura art is made on red-brown clay walls of the houses in the villages from natural colours and dyes. Saura paintings use natural dyes or pigments and chromes derived from ground white stone, hued earth, and vermilion and mixtures of tamarind seed, flower and leaf extracts. For clear background they use, geru (from red earth) or yellow ochre. The brush used is made from tender bamboo.



Dr Simi Gulati
Specialist and Head of
Department
(Ophthalmology)
Charak Palika Hospital
(NDMC), Delhi

Artforms

The objects represented in the Saura art gives a clear representation of the nature-loving culture of the Saura people of the tribe and it is the primitive everyday life that is depicted in the Saura painting with a deeper meaning to each work.

Saura art has also been helpful in preserving the beautiful history and rich culture of the Saura tribes throughout the ages.

Saura art in the modern world has gone through various changes. These paintings have travelled from walls to handmade paper and tussar silk and other goods like diaries, pen holders etc, in keeping with demands of contemporary times. The subject has also moved away from being solely religious to that showing various social acts. Modern icons like buses, cars, television have also been incorporated in the paintings

Saura paintings have a striking visual semblance to Warli art-- both use clear geometric frames for their construction and are examples of tribal pictographs that employ stick figures,

Saura paintings use the fish-net approach of painting. In this, the border of the painting is drawn first and then the painting is made in inwards direction. This approach does not occur in Warli paintings

But while Warli paintings strictly use two triangles joined in the middle to depict the human body (and animals), this rule is not as strictly followed in Saura paintings, where the figures are more flexible. Unlike the Warli paintings where male and female icons are clearly distinguishable, in Saura art there is no such physical differentiation. While the neck is visible in the Warli human figure, it is absent in the Saura figures.

Saura paintings are treasures of folklore and a fantastic pictorial tradition that convey a community's literature and express the tribe's own legacy in a unique way. One of India's most intriguing tribal artforms, Saura is a treasure that adds so much richness to the cultural identity of India. It must be preserved and taken care of.





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.

Salaam India

Having done with masks and vaccines
Sanitizers and green teas

With the 3rd wave clouds still lurking

Mindset has started shifting

Where economy went downhill
Health at it's worst peril

Loss of near and dear ones
Every household underwent once

And now the streets are crowded
With rangoli and diyas are flooded

With one eye still on the germ's
treason

We are eager to welcome the festive
season

To live and let live
Has been our motto

And for sake of global peace
Rest of the world go ditto

Attitude

At day break the sky was quite
clear

Going for a stroll I was for sure
The grass was silent not a leaf

moved

Slowly I drifted into a cheerful
mood

All of a sudden there was a roar

Dark clouds gathered

There was going to be more

A strong wind blew

I definitely knew

Nature is changing its mode

Silently on joggers path I trode

I had enough time to escape

But desperately wanted to try that
take

It began to drizzle, then shower,
then pour

The thunder sounded louder

Lightening struck the sky

Wind grew stronger and raindrops
bigger

I stood under a tree

Trembling with cold but free

Not a soul was visible

Only nature was audible

It was a blissful dawn

Could go for on and on

Then I woke up to my senses

I had to fulfill many promises

Daily chores to be done

Multiple tasks left undone

With a heavy heart I walked back
home

But promised myself that's not done

There's always going to be a to-
morrow

For which I need only hope to bor-
row.



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.

My two right footprints

I wonder if my footprints
still follow a drunken path to the
waves;
rush to catch the receding sea?
Do they walk back on their own
or
mingle with multitude others?
Do they wander down the wind-
ing road
to play mischief or two?
I can see them walking high;
one steady step at a time.
Only, I am here, waiting expect-
antly.
They walk for me
Hop, skip, and jump, full of glee.
while I wonder
where could they be?
Is that a knock on the door?
I wish I could let them in.
They are invisible in my weak-
ness now;
My two right footprints.

**DEDICATED TO THE PARAPLEGIC
PATIENTS**

Wiped out tomorrow

My head spins; dazed
I spiral into a bottomless pit
I get up, swerving to get away
A stranger holds me, 'are you al-
right?'
A sweet smile on his face
I nod my head. How do I tell
him?
My light of tomorrow is extin-
guished
Nothing but a fathomless, darkest
void remains.
But I must live for that is all I can
do
Struggle for some memories,
for that is all I can take.
I laugh at the sun, who will
shine
without me and pearly white of
the moon
will flirt with someone new.
Amazed, I look at the changing
world;
smell the flowers anew.
I say, 'I am fine'
to everyone I meet and
shut the door to wait my time.

DEDICATED TO CANCER PATIENTS



Dr. Debjani Gupta
DCH MRCP (UK)

Consultant paediatrician and
Neonatologist
Narayana Multispeciality
Hospital, Howrah
Zenith Super speciality Hos-
pital, Kolkata

Calcutta Canvas

Dr. Debjani Gupta is a paediatrician by profession. She is also an ex-student of R. G. Kar Medical College, Kolkata. She is now a Consultant at Narayana Multispecialty Hospital. In the previous few issues, we had read her poem, seen some of her sketches and have also read articles in Calcutta Canvas. This time again she covers an interesting bridges in Calcutta Canvas.

Bridges that Surround

One of the very few advantages of a long work home commute are the visuals that greet you on the drive. Added to it is the pleasure of driving across the river in different times of the day, with changing frames with the changing seasons and changing moods.

So when the mind is calm and rational it does try to disregard the down-sides of a long commute (in terms of traffic snarls and lack of civic sense). Rather letting in the visuals of surround to seep in can be rather therapeutic and less exhausting.

So, this is how it worked for me over the years...

Just once in a while the frames, moods, colours, non existent traffic all complement each other- and you have captured a picture to look at even when the moment is gone.

Gradually a collection of such memories build up to keep you company for the rainy cloudy day.





Dr. Debjani Gupta
DCH MRCP (UK)

Consultant paediatrician and
Neonatologist
Narayana Multispeciality
Hospital, Howrah
Zenith Super speciality Hos-
pital, Kolkata

Calcutta Canvas



**Bridges fascinate me -
the aesthetics in their symmetry,
their study in contrasts,
their reflected beauty,
their quiet immense strength amidst their grandeur ,
their changing profiles from different vantage points ,
their witness to pages of historical events,
their symbolism of man's immense capacity to dream and execute the
seeming impossible ,
their static ever changing forms !**

**Bridges on my road to work and back .
The iconic busiest balanced cantilever bridge (1943) that has become the
face of this city...has been a backdrop to innumerable movies...whose
night time illuminated beauty are a photographer and poet's delight...the
one and only Howrah Bridge (Rabindra Setu)**





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DCH MRCP (UK)

Consultant paediatrician and
Neonatologist
Narayana Multispeciality
Hospital, Howrah
Zenith Super speciality Hos-
pital, Kolkata

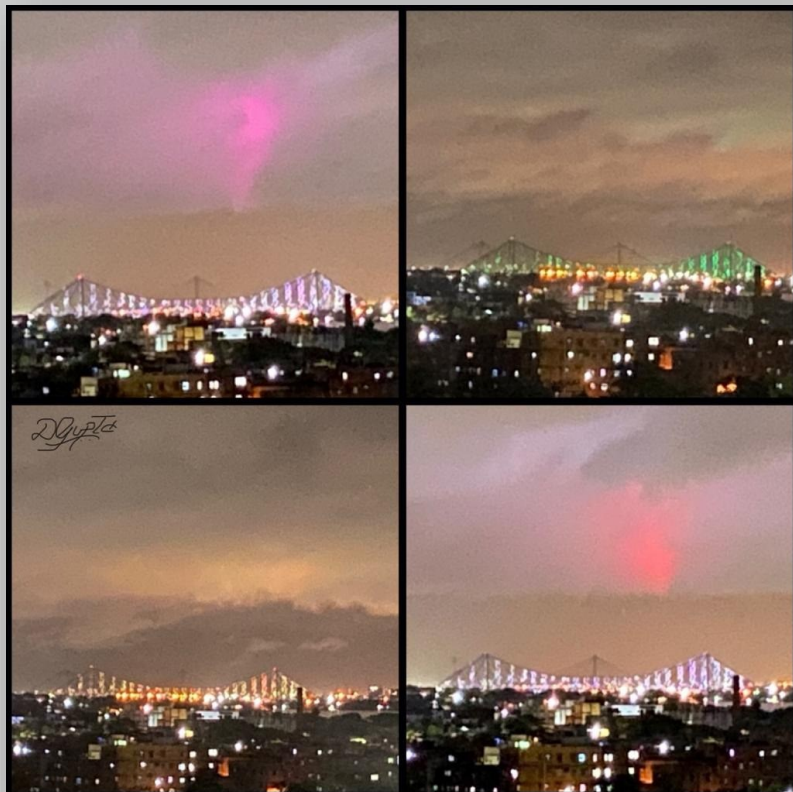
Calcutta Canvas



If you want to witness the perfect sunsets amidst the shimmering waters of the river and the traditional boats The Vidyasagar Setu (2nd Hooghly bridge) is what you are looking for. The first and longest cable stayed bridge in India.

Vivekananda Setu (Bally bridge 1932) and Nivedita Setu(single profile cable stayed bridge) -

Bridges so constructed so that they do not hide the spire and outline of Dakshineswar Temple on the banks of the river rather enhance the picturesque frame.





Dr. Debjani Gupta
DCH MRCP (UK)

Consultant paediatrician and
Neonatologist
Narayana Multispeciality
Hospital, Howrah
Zenith Super speciality Hos-
pital, Kolkata

Calcutta Canvas

The visible bridges outlined against the skies- from my room with a view at home , from my daily path of work, from my camera lens .

But by far much more important are the bridges that we seek everyday ... to connect...to reach out ...to support.

Yes it is true we might need to build some on a daily basis, repair and nurture them constantly as they tend to be fragile and strong at the same time .

But the bridges that connect and support are the ones that we are in constant search of .

It are these **BRIDGES THAT SURROUND**





Dr. Harshith Kramadhari
MBBS, DNB, DM
Consultant Radiologist

Art

Dr. Harshith Kramadhari, is also a fellow Radiologist and Assistant professor and Intervention Radiologist at KS Hegde Medical Academy, Mangalore, Karnataka. Painting his passion and here is some of his work. I am sure you will be in awe of his work.



3D Paintings





Dr. Harshith Kramadhari
MBBS, DNB, DM
Consultant Radiologist

Art

3D Paintings



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Dr. Harshith Kramadhari
MBBS, DNB, DM
Consultant Radiologist

Art

3D Paintings



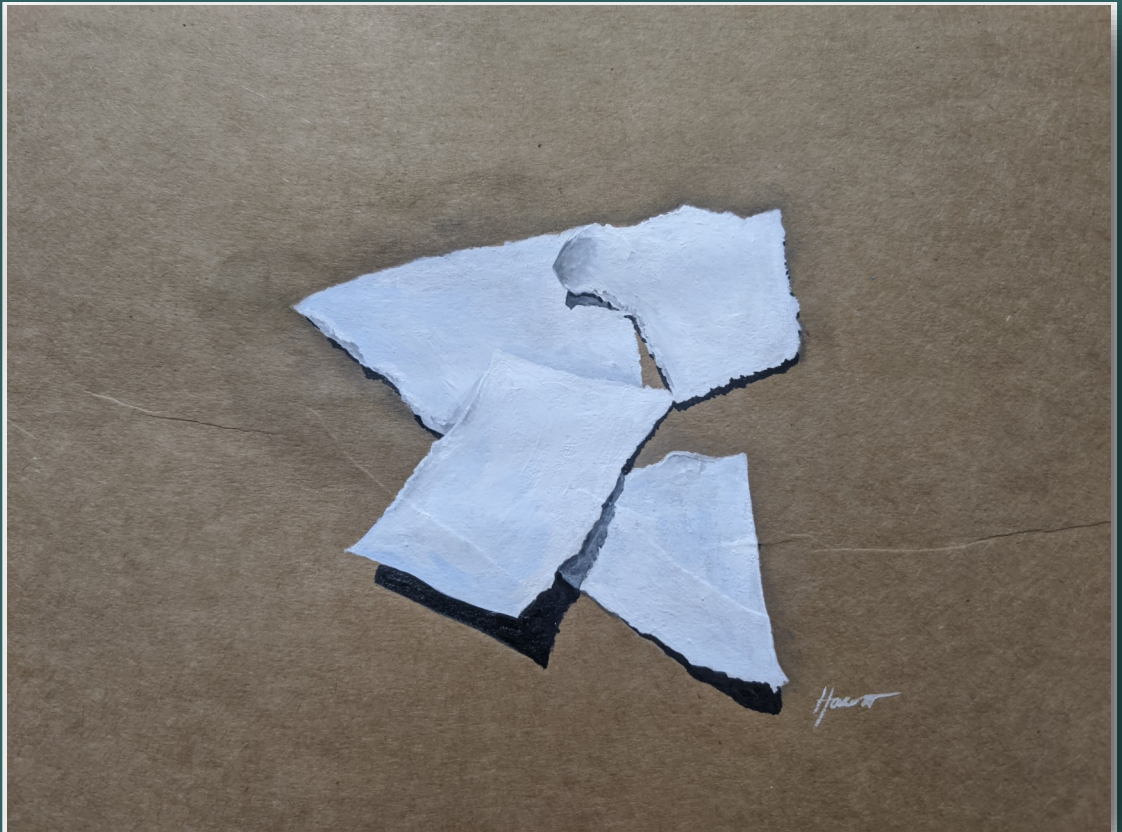
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Dr. Harshith Kramadhari
MBBS, DNB, DM
Consultant Radiologist

Art

3D Paintings



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

Art

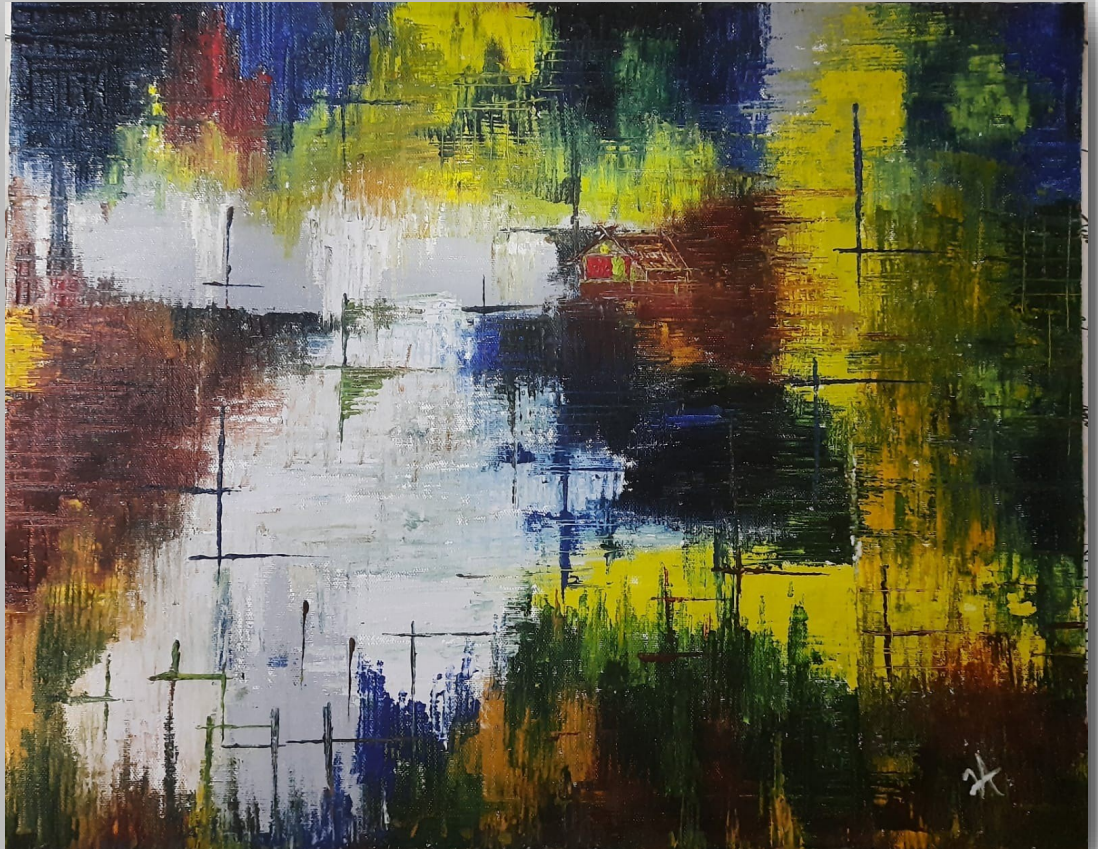


Dr. Varsha Vaishnav is an ophthalmologist by profession and she practices in beautiful city of Bhopal. Here are some of her knife paintings. I am sure you will like it.



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

Art



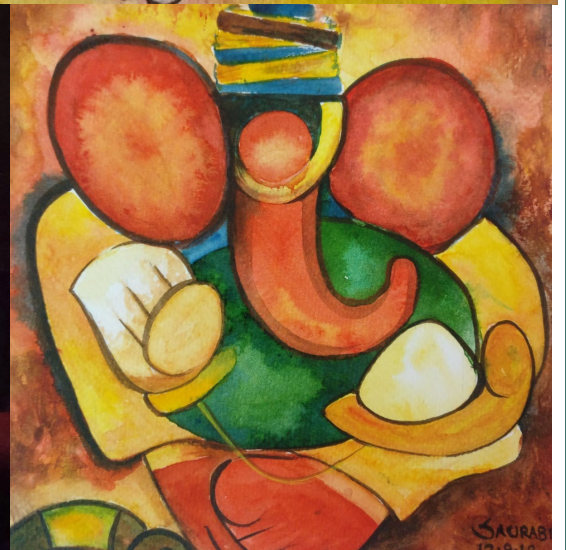
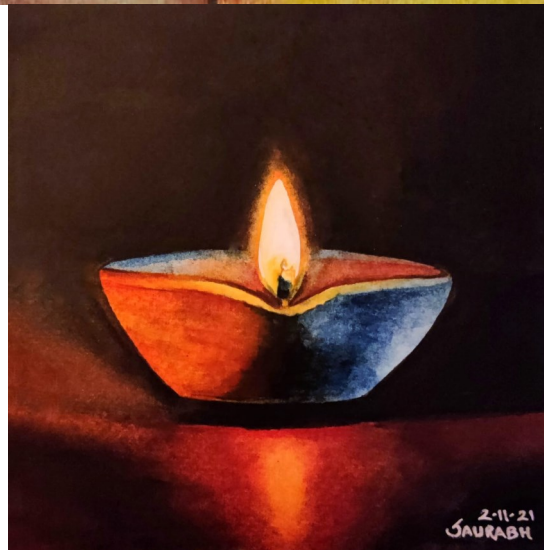


Dr. Saurabh Sharad Deshmukh,
MBBS, MS
Consultant Ophthalmologist
Kothara community hospital Paratwada, Amravati,
Maharashtra.

Art

Dr Saurabh Sharad Deshmukh is an ophthalmologist by profession. He did his MS (Ophthalmology) from MGIMS, Sewagram and passed out in 2013. Presently working as a senior consultant ophthalmologist and surgeon, at Kothara community hospital in Paratwada, district Amravati, Maharashtra State. He used to do pencil sketching initially, most of them done during his MBBS days. And then there was a long break. Three years back, just experimented with watercolours, watching a YouTube tutorial and that turned out to be reasonably good for a first timer. He is a self taught, hobby artist, rather watercolorist.

Also he like phone photography, though very amateur at it. In photography he likes travel photography, flower photography, street photography, and nature photography the most. Here are some of his paintings. I am sure you will love it.





**Dr. Saurabh Sharad
Deshmukh,
MBBS, MS
Consultant Ophthal-
mologist
Kothara community
hospital Paratwada,
Amravati,
Maharashtra.**



Photography



Dr. Reeta Bora
MBBS, MD,DM
{Neonatology}
Consultant Neonatologist
Dibrugarh Assam.

Photography

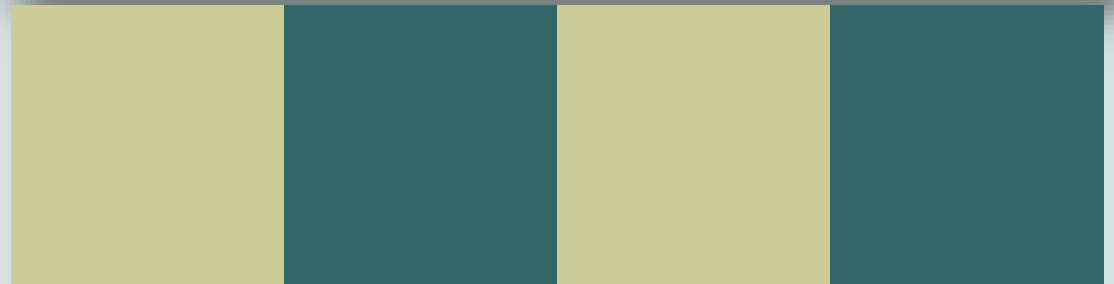
Dr. Reeta Bora is a Pediatrician and Neonatologist by profession. She did her MBBS from Assam medical college Dibrugarh, MD Pediatrics from Assam Medical college, Dibrugarh and DM Neonatology from PGIMER Chandigarh. Her hobby has been painting since childhood, but with availability of cameras in cell 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, DM
{Neonatology}
Consultant Neonatologist
Dibrugarh Assam.

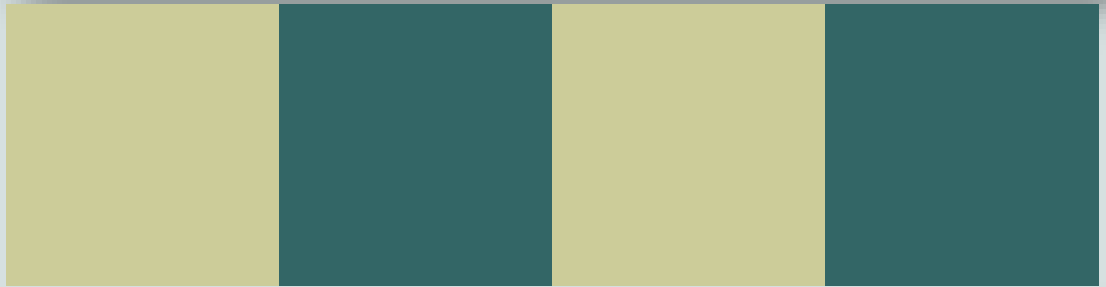
Photography





Dr. Reeta Bora
MBBS, MD, DM
{Neonatology}
Consultant Neonatologist
Dibrugarh Assam.

Photography





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.





Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

Humour

PAYTM SHARES TANK NEARLY 28% ON LISTING DAY

PAYTM

(BEFORE IPO)



PAYTOME

(AFTER IPO)

dr praveen bhatia



ROMANS WERE THE FIRST
TO FORESEE 2020 AS THE
"WASHED OUT YEAR"
THAT IS WHY THEY HAD
CONFIGURED IT AS YEAR



dr praveen bhatia



Dr. Praveen Bhatia,
MBBS, MD
Consultant Radiologist

dr praveen bhatia



dr praveen bhatia

Humour

Kidology with Shanaya

TULSI GOWDA WALKS BAREFOOT IN RASHTRAPATI BHAWAN TO RECEIVE PADMA SHRI



dr praveen bhatia



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

Festivals

Maa Kali is the fearful and ferocious form of the mother goddess Durga. She assumed the form of a powerful goddess and became popular with the composition of the Devi Mahatmya, a text of the 5th - 6th century AD. Here she is depicted as having born from the brow of Goddess Durga during one of her battles with the evil forces. As the legend goes, in the battle, Kali was so much involved in the killing spree that she got carried away and began destroying everything in sight. To stop her, Lord Shiva threw himself under her feet. Shocked at this sight, Kali stuck out her tongue in astonishment, and put an end to her homicidal rampage. Hence the common image of Kali shows her in her mêlée mood, standing with one foot on Shiva's chest, with her enormous tongue stuck out.





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

Festivals

Kali Puja, also known as Shyama Puja or Mahanisha Puja, is a festival, originating from the Indian sub-continent, dedicated to the Hindu goddess Kali, celebrated on the new moon day (Dipannita Amavasya) of the Hindu month Kartik especially in the regions of Bengal, and in Mithila, Odisha, Assam and the town of Titwala in Maharashtra. Kali Puja is extremely popular in Tamruk, Barasat, Naihati and Barrackpore. It coincides with the Lakshmi Puja day of Diwali. While the Hindu Bengalis, Odias, Assamese and Maithilis worship the goddess Kali on this day, the rest of India and Nepal worships goddess Lakshmi on Diwali. Maa Kali's favourite flower is said to be red hibiscus, which is why she is draped in a stunning red hibiscus garland on the day of Puja.



Baroma—The most famous Kali Puja in Naihati





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

Festivals



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 Kali Puja in and around Naihati. I am sure you will love them.



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

Festivals





Dr. Tilak Ranjan Bera

Biography

Dr Tilak Ranjan Bera – the man who dives deep into pre-recorded past of India

“I find the Himalayas fascinating and larger than life,” he often says.

Dr Bera, born and brought up in Kolkata, did his schooling from Ballygunge Government High School. He is a recipient of the National Scholarship from the Govt. of India and went on to graduate from Calcutta Medical College and did his post-graduation, in ophthalmology, from the University of Mumbai. He joined the Indian Armed Forces in 1984 and took early retirement in 2007. He pursued his passion for exploring the history of ancient India.

Life as a doctor made him quite successful, taking him to places and meeting fresh faces. As a doctor in the Army and Navy, he was exposed to the remotest areas of India. During this period, he came across myriad archaeological marvels, ancient artifacts, indigenous stone-age tribes, geological puzzles, unique genetic identities, pieces of evidence of mythological events and most importantly, traces of missing events related to the ancient period of India. An ardent desire to delve deeper into and to know more about the pre-recorded past of India made him explore further, leaving him with more unanswered questions, puzzles, and a somewhat inaccurate written history of India.

Dr. Bera started to explore with a new mission to deal with the unexplained and introduced never-thought-of possibilities. He says, “Ancient prehistoric puzzles need to be solved, explained and interpreted with tools like anthropology, genetics, animal symbols, understanding geo-physical coastal changes related to glacial period, early human migration from India and much more, to come to a possible understanding.” He claims that comprehending ancient Indian history cannot be complete unless we study “within India” and “out-of-India” movement of anatomically modern humans on a macro level. He says, “Geological events, like glacial maximum, need to be looked at seriously while researching on early human migration.”

Dr Bera was posted in the Andaman and Nicobar Islands, where he came across different tribes who are quite different from one another in culture, language, food habits and practice a very primitive lifestyle. He conducted extensive research about various fraternities and detected glaring anomalies that made him question our existing knowledge of Indian history of the pre-recorded period. His endeavour is to arrange the sequence of events of ancient India as best as possible, taking several scientific factors and geological events into consideration, and document them in his books.

In the meantime, tsunami devastated the Nicobars and transformed the archipelago into a completely new place. He documented this geo-physical and social transformation in a remarkable manner. This is possibly one of the rare efforts by an individual to follow the process over a long time, record and publish such an event of transformation of an archipelago. He was profusely applauded by the highest local administrative authorities for this meticulous work and his books were accepted as historical record. His work was appreciated at the national and global level.



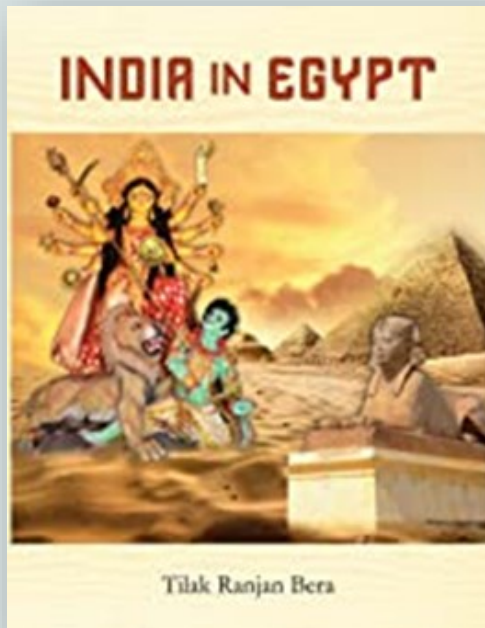
Dr. Tilak Ranjan Bera

Biography

Dr Bera's latest book, titled "India in Egypt" explores the unheard of cultural and ethnic connectivity between India and Egypt. This connectivity possibly got established during the early trans-Himalayan migration period 10,000 years ago. This book is an attempt to arrange the ground evidence, available both in India and Egypt, to recreate the pre-recorded relationship between the two civilizations.

This book has the potential to alter the views regarding the antiquity of Indian civilization and its contribution.

To write the book and to gather evidence he has travelled almost half of the globe. He humbly says "It's not my intention to prove or disagree on common origin of Indian and Egyptian civilization but to start a search on this."

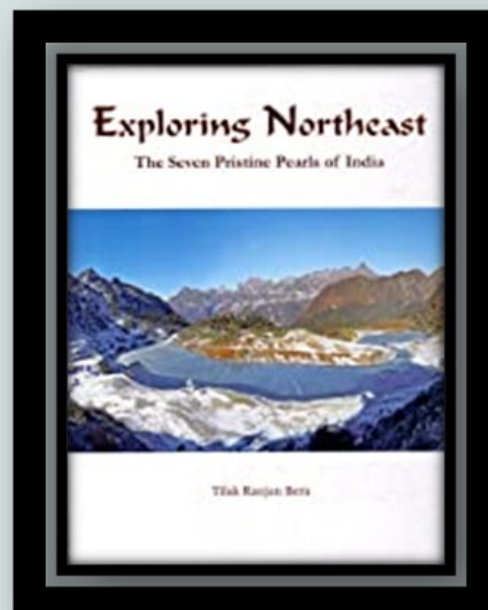


The book is written in the form of storytelling. A substantial number of rare photographs, maps, sketches are spread over 385 pages.

The book is a must read for everyone.

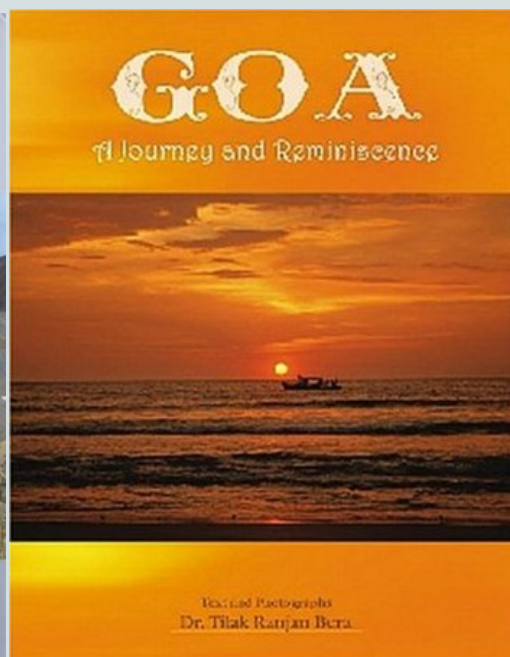
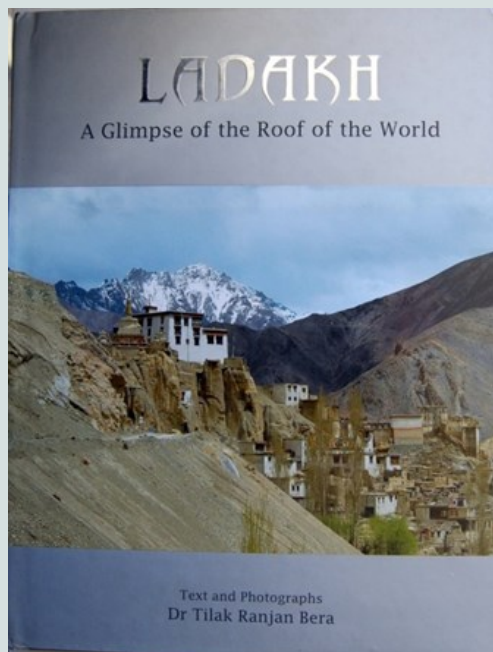
Other books by Dr. Bera are on Nicobar Island, Andaman Islands (The emerald necklace of India), Ladakh (A glimpse of the roof of the world), Goa, Seven pristine pearls of Northeast.

A couple of books are translated in Bengali, too.





Dr. Tilak Ranjan Bera



The photographs and illustrations in the books are by Dr Bera himself—he is a born photographer.

Accolades

He has been awarded the Fulbright-Nehru Fellowship by the United States-India Educational Foundation. He was affiliated to Yale University, Connecticut, USA during his Fulbright Fellowship. He has also received the Senior Research Fellowship from the Ministry of Culture, Government of India. Several books authored by Dr. Bera have reached libraries all over the world.

Biography



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.

ROSE RASGULLAS

Soft and spongy traditional rasgulla with a twist of rose, absolutely eye catching, colourful, and addictive and are massively popular amongst all age groups. these rose rasgullas are a must try.

It is a juicy milk-based dessert with the flavourful rose taste and juice oozing out of soft spongy rasgulla, you definitely have a winning dessert on the table and is high in protein content too.

It is made by curdling the milk, draining the whey, and kneading the milk solids to make balls, the balls are cooked in hot sugar syrup until soft, spongy, and light. The ingredients are easily available in our kitchens.

Ingredients:

- Milk – 1.5 litre
- Vinegar – 2tbsp
- Rose essence – 1tbsp
- Pink Food Colour - few drops
- Sugar - 2cups
- Water - 5 cups
- Few rose petals



Method:

To make the paneer /chenna, first boil the milk in a heavy bottomed pan



Give the milk a gentle mix in between, once it starts boiling, put off the gas stove, add the vinegar (lemon juice can be substituted), mix well for few seconds until the milk curdles fully also whey water will separate completely. And then remove from the flame.



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



Add the ice cubes, the lumps of chenna shall be formed.

Strain all the whey and wash it under running water for 5-10 min so that the
vinegar gets completely washed off.



Now hang this chenna in muslin cloth for 30 minutes so that excess
water gets drained off





Culinary Arts

The chenna after draining the whey should be moist and should not have dripping water as it may break while boiling in sugar syrup. this is how it looks once all excess whey gets drained off.

Now add pink colour and knead the chenna for fifteen minutes till its soft and there should not be any lumps. wow the pink colour is absolutely tempting.



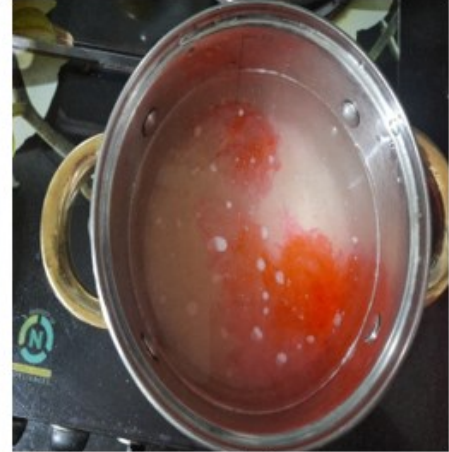
Make one inch oval or ball shape out of the paneer dough and keep aside.





Culinary Arts

To make the sugar syrup, heat the sugar and water in a pan, bring to boil (string consistency is not required). Now add pink food colour to syrup for that eye catching colour to rose



rasgullas Add the paneer rasgullas, cover it with lid and let it cook for 10 -12 minutes over medium flame till the balls double in size.



Refrigerate for minimum 2 hours and serve garnish with chopped pistas, rose petals ...garnishing is left to your imagination. sky is the limit enjoy.





Photography - Dr. Reeta Bora

Next issue in January, 2022

I am bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in January, 2022.

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 December 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

Conceptualised and edited by
Dr. Viral Parekh, MBBS, DMRD, DNB
Radiologist.