

"Art is not a reflection of reality, it is the reality of a reflection."
- Jean-Luc Godard.

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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, 'A Christmas Carol And Other Christmas Writings'.

Reflections

Volume III, Issue I

January 2022



Photography : Dr. Patrick Basu

Reflections

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Radiologist's Musings - Viral Parekh

Hi!, Namaste,

I am very happy to present here the 22nd. issue of Reflections. Wish you all a very happy New year.

A new year brings lot of hope and expectations. We all hope that unprecedented sufferings of 2020 and 2021 due to pandemic will finally come to an end. But at this time, the world is reeling under the onslaught of Omicron variant of Corona virus and we know that it is highly infective and it is believed that it will not cause much mortality and most of the infected will have mild common cold like symptoms. My biggest expectation from 2022 is that this belief about Omicron turns out to be true. My biggest hope in 2022 is that we might see the beginning of end of pandemic this year.

We all have some goals to be fulfilled every year. Some of them are just for fun while others we make with some seriousness like getting into shape by losing some weight, waking up early, and fixing healthy eating, and so on. Many people make New Year's resolutions, but very few stick to them. One more popular theory about New Year resolutions is, people who make resolutions are more likely to attain their goals than people who don't make them. As far as I am concerned, Dave Beard echoes my feelings about resolutions "Many years ago, I resolved to never bother with new years resolutions, and I have stuck with it ever since." I never make a New Year's resolution. You don't need them when you're perfect. LOL.

Most of the time people forget about their new year resolutions in 2nd. week of January. Oscar Wilder has rightly said that "Good resolutions are simply checks that men draw on a bank where they have no account." A friend of mine had made a resolution to join the gym and he religiously exercised in the gym for about 15 days and then he stopped going to gym. I asked his wife how is he progressing with his fitness plans. She said that he goes to gym everyday but on the contrary has started gaining weight. So I enquired him what's the matter? He said that yes I drive pass gym everyday to pay my respects !! A neighbour of mine said that my new year resolution is to conserve water. I asked how do you want to carry out this resolution. His answer was simple : I will avoid baths as far as possible !!!

Jokes apart, I hope this new year brings less agony and we are all blessed with good health and peace of mind. I would echo the feeling of Joey Adams "May all your troubles last as long as your New Year's resolutions!"

In every issue, I try to bring something new in "Reflections" to break the monotony. I will be very happy if you share your ideas to improve this magazine, which has become my obsession.

This issue would not have been possible without the help of Dr. Patrick Basu, Dr. Simi Gulati, Dr. Rohini Patil, Dr. Shalini Agarwal, Dr. Ketki Phadke, Dr. Kallol Tripathi, Dr. Sayanti Dutta, Dr. Harshit Kramadhari, Dr. Praveen Bhatia, Dr. Reeta Bora, and Dr. Ritu Lokhande. I am obliged and sincerely thank all of them.



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

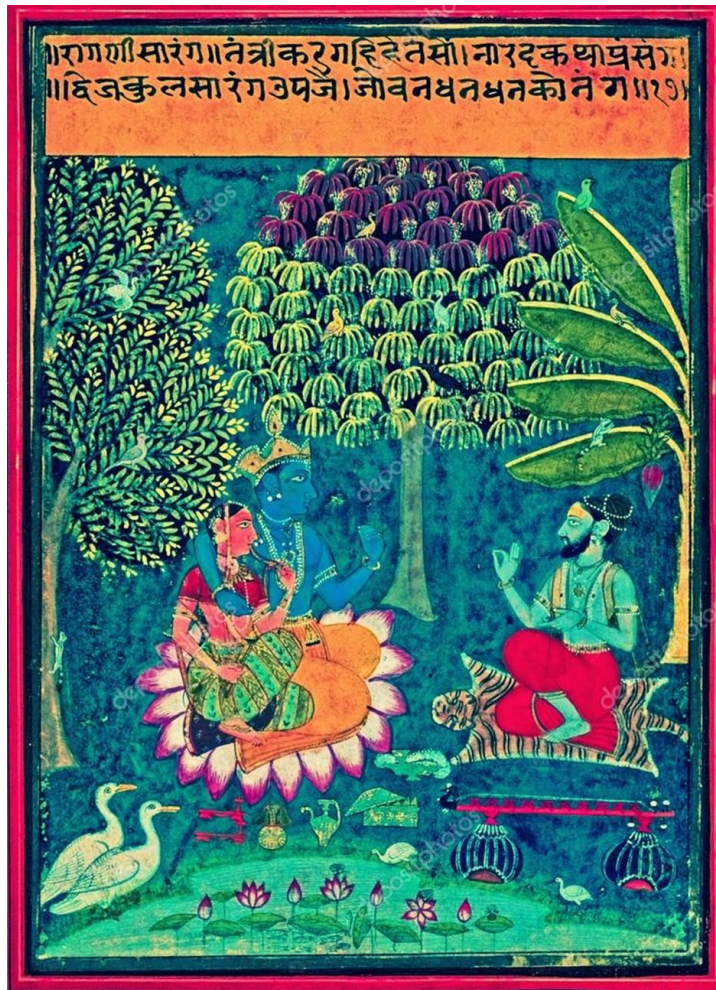
Artforms

A multitasking 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



This classification of melodies is however, not a feat achieved by us millennials. It dates back to the medieval period and for proof, we have visuals a.k.a Ragamala Paintings!

Indian art forms are so diverse and unique that one would need a life time to even know about their names. In series we bring to light another beautiful art form loaded with emotions.

Ragamala paintings are a form of Indian miniature painting, a set of illustrative paintings of the Ragamala or "Garland of Ragas", depicting a classical example of the amalgamation of art, poetry and classical music in medieval India.

Its root word, raga, means colour, mood, and delight. The celebration of music in painting is a distinctly Indian preoccupation. Ragamalas were first identified as a specific painting genre in the second half of the fifteenth century, but their ancestry can be traced to the fifth- to seventh-century Brihaddeshi treatise, which states: "A raga is called by the learned that kind of composition which is adorned with musical notes . . . which have the effect of colouring the hearts of men.

The unifying subject of a ragamala is love, which is evoked as a range of specific emotions (rasa) that have a corresponding musical form. In paintings these are typically understood to denote the male protagonist and a ragini the female. These musical modes are also linked to six seasons—summer, monsoon, autumn, early winter, winter, and spring—and times of the day, dawn, dusk, night, and so on.

The six principal ragas present in the Ragamala are Bhairava, Dipika, Sri, Malkaunsa, Megha and Hindola and these are meant to be sung during the six seasons of the year – summer, monsoon, autumn, early winter, winter and spring.



Dr Simi Gulati
Specialist and Head of
Department
(Ophthalmology)
Charak Palika Hospital
(NDMC), Delhi
A doctor with a deep
rooted passion for art
in all forms. To accom-
pany her in her art jour-
ney log in to her FB
page—purple
haze@doctor artist or
follow on insta at
simi_purple haze

Artforms



He loves me, he
loves me not”
The ‘Drama’ in Rag-
mala Paintings.

**At Dawn:
B h a s k a r
Ragaputra
of Hindola**

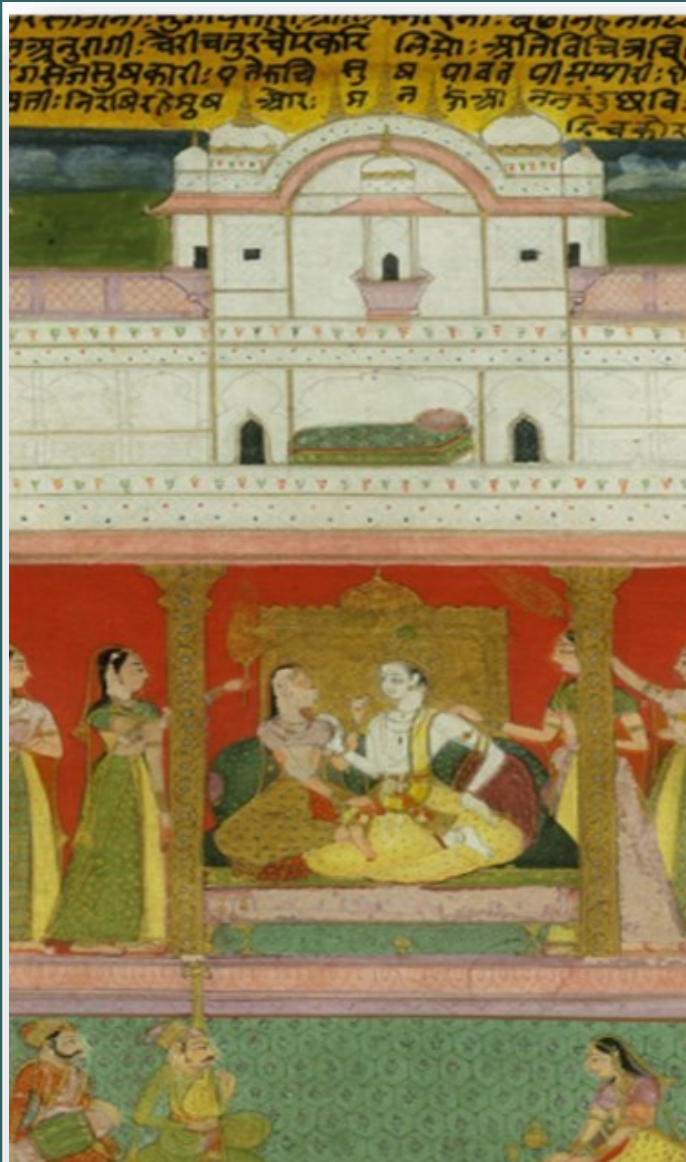


This Raga is sung when the sun rises and dawn breaks. You can spot Surya, the sun god mounted on his 7 headed horse, rising to a female offering a lotus petal. The temple and its empty walls depict that it is so early that no one else has woken up yet.



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In the morning after Sun-
rise : Raga Bhairav.

Raga Bhairav is associated with Shiva. While the raga can be sung during any season, it has special significance during the monsoons. Interestingly, it is also usually the beginning piece at any Indian classical music concert.

This Raga is associated with a “purifying experience” – perhaps this is why, all paintings depicting the raga show Shiva with his female partner, who is applying sandalwood onto his body

From Noon to about 3
pm: Madhu-Madhvi
Ragini.

This raga evokes the mood of “relief after exhaustion” or joyous anticipation. This emotion is compared to that of the heroine rushing through the rain, eager to meet her lover.





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The Sunset Raga
Dhanasri Ragini : if you're
feeling lonely, that is the
right raga to depict the
mood.

In the Night : Dipak Raga

This Raga is meant to be sung at night and evokes passions similar to those of the lovers as portrayed in the painting. A popular legend recounts the musician Tansen (one of the Nine Jewels of Akbar's court) using this Raga to set the palace on fire when asked to sing this raga. But Tansen had already taught his daughter, the Raga Megha-Malhar. While he sang Raga Dipak in court lighting up the lamps (diyas), his daughter invoked the rain, and Tansen was thus saved



Midnight – 3 am : The Raga Malkauns

The mood evoked by this raga is that of a deep, humble abandon in the peace of the night. It is frequently portrayed as a heroic lord consuming paan.



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haze@doctor artist or
follow on insta at
simi_purple haze

Artforms



Dr. Patrick Basu, MD
Gastroenterologist
New York,
USA.

Literature

Dr. Basu is Assistant Clinical Professor of Medicine Columbia University, New York Division Chief of Gastroenterology & GI Endoscopy, North Shore University Hospital at Forest Hills and Director of Liver Disease & Hepatology Fellowship, Kings County Medical Center. Co-Chair of Clinical Research at New York Hospital of Queens (major affiliate of New York Presbyterian Health System).

Beside being an excellent academician, he has keen interest in literature, photography and film making. Here are some of his poems. I am sure you will love it.

If you loved ever

Have you ever fallen in love?
Just for a smile
Impatiently waited to see just for a
while
for that moment ran thousand miles

Have you ever fallen out of love ?
Just for being betrayed
Mortified ego with rationed rage
Forgotten passion to be relayed

Have you ever engaged in love ?
Just to feed your lust
Depraved desire of unquenchable
thirst
Mingled with pleasures in sordid
rust

Have you ever felt love
Way beyond reasons
silent walk in rainy season
The smell of comfort with out a
touch
Only the eyes spoke without lust

Have you ever involved in love ?
For planned security
Of Martial madness to evade medi-
ocrity
Posed for the social pride of insan-
ity

Have you ever pretend to be in
love?
The rehearsed decadent soul
Echoes the scripts of a strumpets
role
To gather the glitters of treasure
trove

Have you ever placed in love
Scared of being alone
Deceptive gesture of daily bluffs
One day facade begins to dispos-
sess

Have you ever embraced love ?
Simply you want to
Bathed in poetry without verses
For Boundless borders of happiness
Through the wafer of milky-ways
In the symphony of tryst and faith

Simply be in love
Love the moment till the days
Ignored. Social taboos that dismay
For the sake of love you chose
Untill denuded, still you love
Even your eyes closed
That the love for loving



Dr. Patrick Basu, MD
Gastroenterologist
New York,
USA.

Literature

Confessions of secret dreams: Part One

I dreamt earlier before sunrise . Before the windfall and the dusty rain . Alone in that strange space without curiosity , Perhaps for another life an another space . Drifted away from the countless faces far from the madding crowd . Uncertain, journey with unknown destiny , with fistful of strange hopes, faces with painted veil . Well rehashed words etched over Porcelain teeth, and perfectly pretentious smile.

Never registered in my mind of those fairy tale Barbies , with Botox smile and silicon Breast, carefully sculptured muscle packed in encased dreams ,just for parasitic life with comforts . I dream not as a dreamer . Dreams dressed in almost reality : tangible , palpable , softer than the rain , truthful like the unpreached Gospel.

Dreams without a price tag , not written fit to be on sliver screen , or for social media .

Desiccated Dreams like a posthumous child . Uncensored , relentless streams of thoughts packed in a kaleidoscope to turn making silent rainbows in jealous sky .

I stand alone like an homeless child with vivid vision and Deciduous dreams to give birth the nascent tomorrow . Life threatens my squandering dreams to terminate .

I look up to the mirror of life for those unpretentious ,undecided , untouched dreams without a drop of pollution . Dreams of careless possibilities . Beyond the premeditated periphery of indulged passion.

I stand alone in the dessert of dreams , Jejune , torrid , scorched by the raging sun. My scalded dreams resuscitate without a respirator , fresh like morning dew on the spring Tulips bobbing heads to recognize my dreams to reality . I dream my life over not definite destination : of any laws dictated by religion , and destined faith .

I dream to end the loveless life : for the journey . Where life conceded unspoken defeat, where memory lost her mind . Society subjugated its pride and prejudices .time stops to rethink ,and the rainbows born out of wed lock , just my shadow appeared to save the darkness . Rain drops whispered to plunged silence . I look up and down and bow to my Nature God just to thank to allow my restless dreams to grow to become reality perhaps one day with my conscious shadow.



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. Her booklet of four lines about Corona times – Nishabda – was published in January 2021. Here are some of her poems.

HAVE YOU BEEN A GOOD ONE

One fine day
The Almighty pondered....
And into the ears of
His creation He whispered

I am so glad
I gave you mom n dad
A beautiful face
N a lovely skin to clad

Air to breathe
Water to drink
Flowers to cherish
N Fruits to relish

Rain to drench
Moon beams to quench
Flora and fauna
Wind and sauna

Eyes to admire beauty
Ears for your own safety
Nose for better conviction
Brain for discreet imagination

I worked harder on you
Creating a masterpiece anew Today
I pause to ponder
I then really wonder
Despite ,my being so partial to
you...
O 'learned one...
Be honest and answer this one
Deserving or not is quite a different
question
But ...tell me for now... Have You
Really Been A Good One ?



BIPIN RAWAT

This stalwart son born in Pauri
Happened to breathe his last in the
Nilgiri
A Meritorious cadet of NDA he was
The Sword of Honour awardee he
was
A highly decorated laureate
Who also accomplished a Doctorate
This 4 Star General of Indian Army
Served Gorkha Rifles just like his
Daddy

The Mc Mahon line he confronted
Line of Actual Control also he com-
manded
He struck back in Manipur
And controlled Operation Dimapur

"Warfare underlies reality "was his
belief
This son of India was once The
MONUSCO Chief
Who worked to strengthen Interna-
tional ties
He indeed was an Angel in disguise

Married to a worthy princess
Madhulika
Father of Tarini and Kritika
Who selflessly served The Indian
Army
Will be forever remembered for his
gallantry.



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.

An Ode.

You were an ordinary life,
living in an ordinary world.
Unaware of your potential,
on that fateful day
you were an unmatched force.

Progenitor of 'Brahma-astra,'
purity of your soul pierced
devilish designs, touching
a million hearts.

Fire burning in your eyes,
you defeated 'Yama,' who bowed
helpless; immortalizing
the spark of your life.

With 'sadhna' of a million yogis,
shaking the roots of heaven;
a smile on your lips, you
emerged from endless births.

Glowing with love, no fear
nor hatred touched you;
transcending into Godliness
you were force of 'Brahmand.'

You are a hero
You are a source of inspiration
You are the dream of our achievement.

Dedicated to defence force heroes
who lost their lives in helicopter
crash.

Tears of a hero

Holding tears tugging at corners,
he bids farewell to memories.
Embers of a hug warming his soul
A loving pat lingering, still so serene.
He walks away with comrades blindly

Band of destined marching brothers
Robotic pawns of a warring nation,
lost in their own leaden thought,
to become an ordered man of men.
Stone casting his bleeding heart
Innocent smile relegated to the past
Fantasizing about what could be;
Boom; explode his morning dreams
A musket pierces his queasy heart
Cold shuddering fear in damp trenches
Looming deathly darkness all around.
Desire to live; a heart-wrenching cry
Yet, duty-bound, he keeps his promise.

Returns home, a desiccated empty
shell
to sounds of jubilant celebrations.
An irreparable wreck lost in wilderness
A victim of his own angry kind. A
hero....
worshipped, framed, hung on walls.

Dedicated to The Heroes battling
Post traumatic stress disorder



Dr. Ketki Phadke
MBBS DMRE
Radiologist

Urban Gardens

Dr. Ketki Phadke is also a fellow Radiologist. She is based in Andheri, Mumbai. Her field of interest is Women's imaging. She has done her MBBS from Dr DY PATIL women's medical college Pimpri Pune and DMRE from Chhatrapati Shivaji Maharaj Hospital, Kalwa, Thane. Her hobbies are Gardening, Photography and Sketching. She also believes in working towards reviving mother earth and getting her beauty back. A strong believer of Reuse Recycle Reduce is her motto.





Dr. Ketki Phadke
MBBS DMRE
Radiologist

Urban gardening is an important concept nowadays. With the greens reducing in the urban scenario it has become a necessity that we develop these small green oasis, favourable ecosystems for birds bees and butterflies. We humans under the pretext of development have conveniently taken away their ecosystems so it is our duty to return at least some solace and happiness to them.

Also it provides us with some fresh produce like coriander chillies curry leaves etc for our kitchen . I have always been a nature lover and the lockdown last year gave me this opportunity to nurture my hobby as well do something for our fellow earth dwellers. To attract birds in your balcony one can sow grains of bajra jowar and believe me they grow hassle free into beautiful pods full of grains. Just one grain giving rise to hundreds of grains and then the balcony gets visitors like spice finch munias tailor birds and so on. Flowers like hibiscus jasmine attract nectar loving birds like sunbird and humming birds also honey bees and butterflies.

There is nothing more pleasant and rejuvenating waking up to the melodious chirping of sunbird in your balcony. It also gives a positive vibe to our homes.

Urban Gardens



Bajra pods





Dr. Ketki Phadke
MBBS DMRE
Radiologist

Urban Gardens



scaly breasted munia
also known as spice finch

Dr Ketki Phadke



Red whiskered bulbul

*photography by
ketki phadke*



Dr. Ketki Phadke
MBBS DMRE
Radiologist

Urban Gardens





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MBBS DMRE
Radiologist

Urban Gardens





Dr. Ketki Phadke
MBBS DMRE
Radiologist

Urban Gardens





Dr. Ketki Phadke

Urban Gardens



Aloe vera



HIBISCUS



mogra



Dr. Ketki Phadke
MBBS DMRE
Radiologist

Urban Gardens





Dr. Kallol Tripathi
MBBS, DVD
Dermatologist.

Art

Dr Kallol Tripathi, a practicing physician in South Kolkata. He graduated from Medical College Bengal in the year 1983.

He finds time to relax with his paintings. He works with water colour and enjoys various experiments.

His subjects are mainly birds and animals, lone tree and other artifacts of nature. An Aura of mysticism is evident in his paintings





Dr. Kallol Tripathi
MBBS, DVD
Dermatologist.

Art





Dr. Kallol Tripathi
MBBS, DVD
Dermatologist.

Art





Dr. Kallol Tripathi
MBBS, DVD
Dermatologist.

Art





Dr. Sayanti Dutta,
MBBS, DGO
Gynaecologist & Obstetri-
cian

Art

A graduate from Medical College, Kolkata, Dr Sayanti Dutta did her DGO from Kolkata University and has been practicing Gynecology in Kolkata since then.

An amateur painter, she used to be fascinated by Bengal artists and their illustrations in her early childhood.

Later, the mystic world of imaginative art by modernist painters lured her and she took to painting in acrylics.

While she is entirely self-taught, her work has a spectrum of human forms as protagonists.



WOMAN AND THE BIRD
Acrylic on canvas 24x20"-



Acrylic on canvas
24x18" - FLUTE



Dr. Sayanti Dutta,
MBBS, DGO
Gynaecologist & Obstetri-
cian

Art



BEHULA ON THE RAFT Acrylic
on paper



Behula and serpent
Acrylic on paper
30x22



Dr. Sayanti Dutta,
MBBS, DGO

Bon Bibi - the rescuer Goddess of the land of eighteen tides

The world's largest mangrove forests, the Sundarbans, lie, shrouded in mystery and myths, along the southern coast of Bengal.

The forest is abundant and generous--- but is also an abode of peril for its 4.5 million odd inhabitants --- marginalized and ill-fated like perhaps no other people are.

For, just as every year brings cyclones, death and destruction, a good number of men--- woodcutters, honey gatherers , fishermen and the like -- also die in the dense interiors, mauled by the famed Royal Bengal Tiger.

And so they call upon Goddess Bonbibi to keep the tiger away. She is the mightiest of all the guardian spirits of the forest....daughter of a Su-fi saint as the myth goes....and protects the forest with a magnanimous grace.

A syncretic cult Goddess of Islamic origin, she is worshipped as an idol in makeshift thatched temples at all entry points to the forest ---and that too by no other than Hindu priests.

This ritualistic faith in Bonbibi is perhaps one of the few remaining instances of communal co- existence we know of now...and isn't it amazing !

Art



Bonbibi 1

Acrylic on
paper 30X22"



Dr. Sayanti Dutta,
MBBS, DGO
Gynaecologist & Obstetri-
cian

Art



Bonbibi 2
Acrylic on canvas
24x18"

Bonbibi 3
Acrylic on Canvas
24x18"





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.





Dr. Harshith Kramadhari
MBBS, DNB, DM
Consultant Radiologist

Art





Dr. Harshith Kramadhari
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Consultant Radiologist

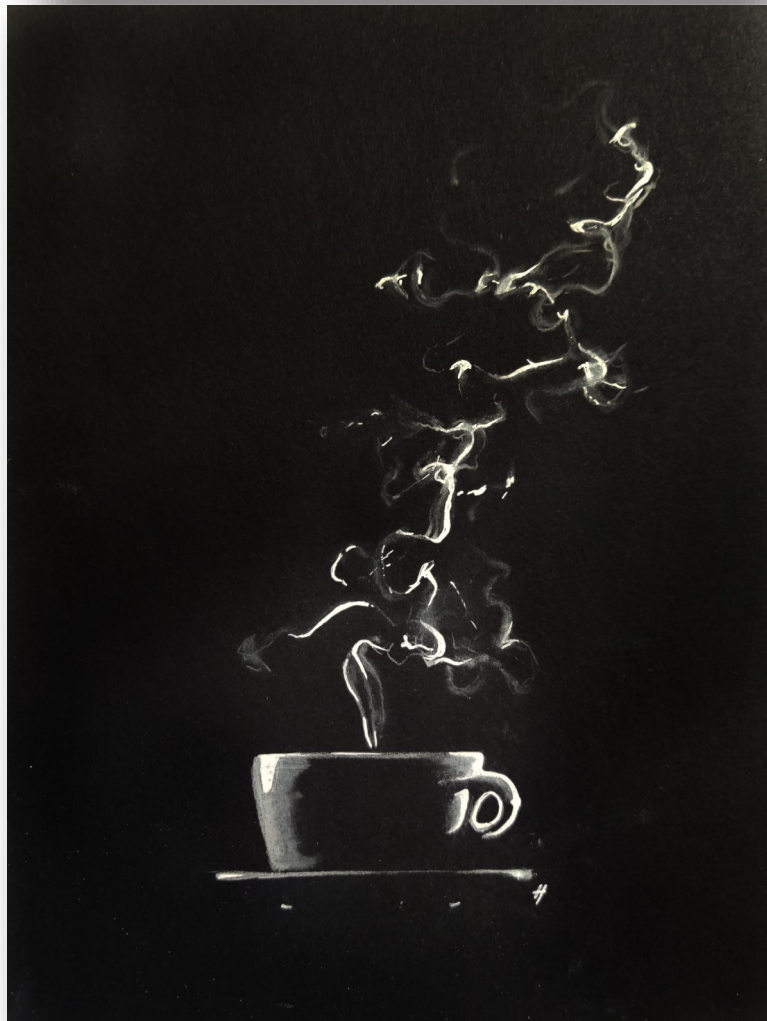
Art





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Photography

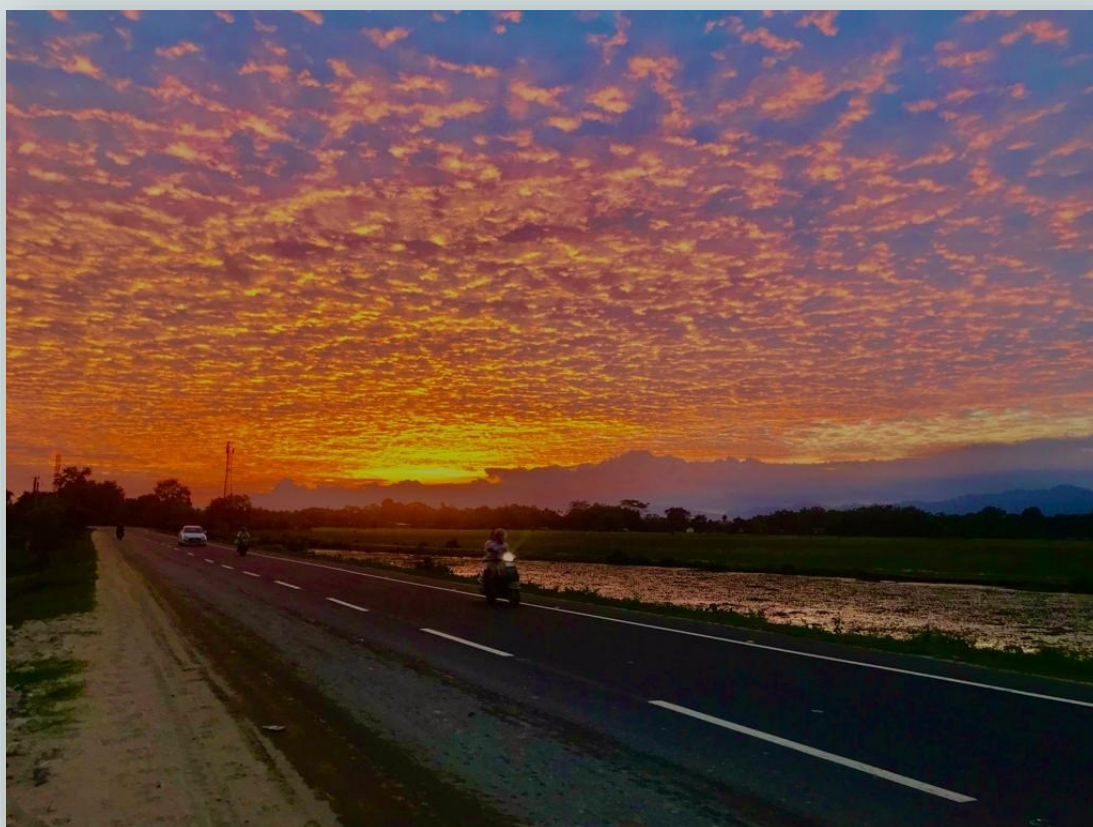




Dr. Reeta Bora
MBBS, MD,DM
 {Neonatology}
 Consultant Neonatologist
 Dibrugarh Assam.

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.

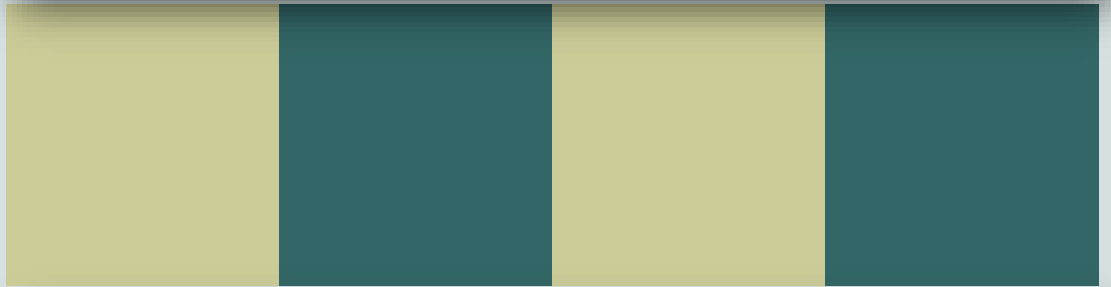
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MBBS, MD, DM
{Neonatology}
Consultant Neonatologist
Dibrugarh Assam.

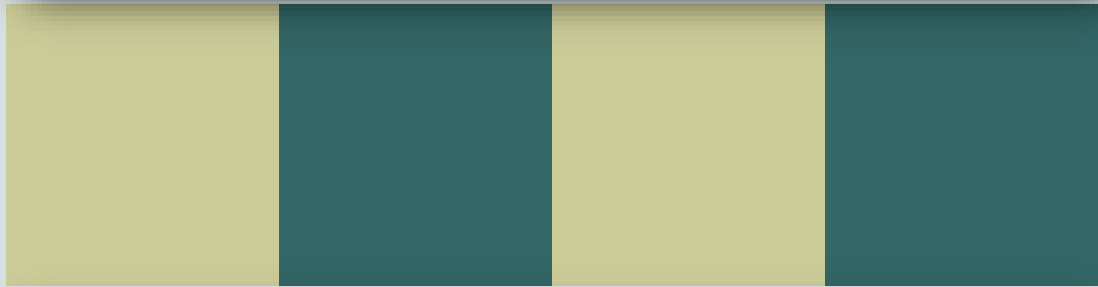
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Dr. Reeta Bora
MBBS, MD, DM
{Neonatology}
Consultant Neonatologist
Dibrugarh Assam.

Photography



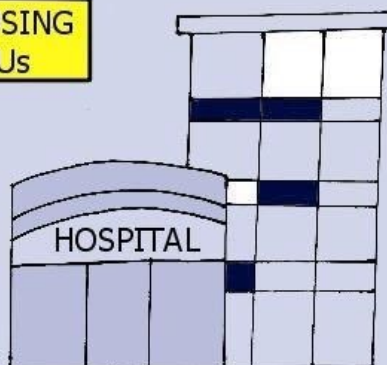


Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

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.

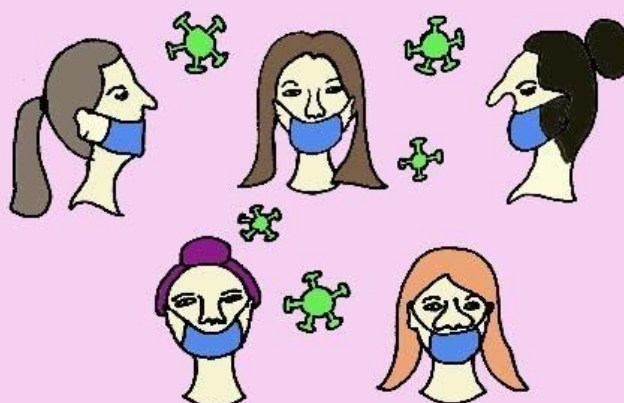
MANY PVT HOSPITALS USING
AYUSH DOCTORS IN ICUs



If Govt can name its scheme
AYUSHMAN
Can't we employ an
AYUSH MAN ?

dr praveen bhatia

CORONA INC. UNLIMITED
SPONSORS
NOSE FASHION SHOW



dr praveen bhatia

PILOTS ARE JUST DRIVERS: BABA RAMDEV

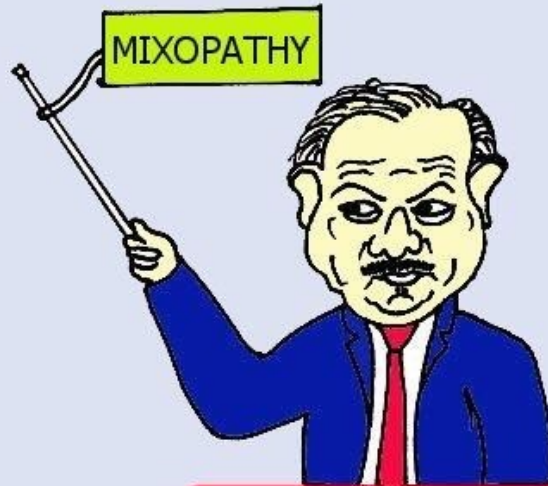


dr praveen bhatia



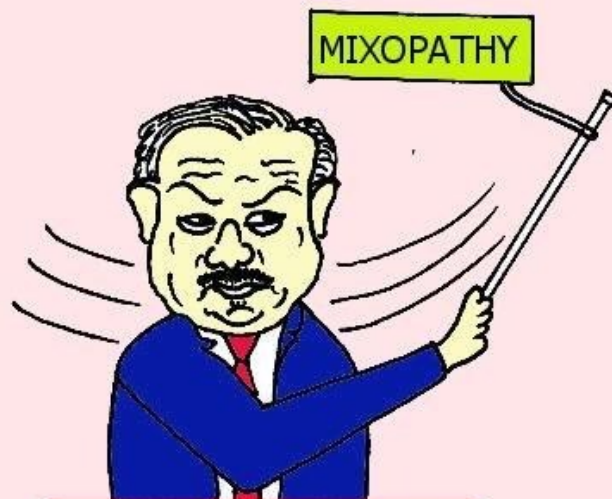
Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

Humour



DOCTOR PATIENT RATIO
1 : 1456

MIXOPATHY - THE MAGIC WAND



DOCTOR PATIENT RATIO
1 : 1000

dr praveen bhatia



Dr. 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.

Foxnut Balls (makhana ladoo)

Delicious, easy, healthy sugarless, quick balls These are great for anyone looking for healthy and fibre rich mid-day snack. These are specially made in winters; I generally gulp one post gym work out.

Ingredients

2 cups makhana (foxnuts)

1 cup almonds

1 cup flaxseeds

½ cup Sesame seeds

½ cup poppy seeds

1 cup Dates



Preparation

Dry roast all the ingredients separately.



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

1. On a medium flame firstly roast the makhanas (foxnuts) till the time they turn golden in colour



2. secondly roast the almonds till they release the aroma





Culinary Arts

3 Roast all the seeds on medium flame.



4 Deseed the dates, they are not to be roasted.





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4. Now grind all the ingredients and mix them together.



5 Make the ground balls of the mixture.

6 Foxnut balls are ready.



7. These balls can be stored for a long time in airtight container.



Enjoy the winter season with these balls.



Photography - Dr. Reeta Bora

Next issue in February, 2022

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

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.