

"Self-reflection is a humbling process. It's essential to find out why you think, say, and do certain things... then better yourself."  
- Sonya Teclai.

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"To achieve happiness, I advocate four major principles. The principles of love, wisdom, self-reflection, and progress."  
- Ryuho Okawa.

# Reflections

Volume III, Issue II

February 2022



Photography : Dr. Patrick Basu

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## Radiologist's Musings - Viral Parekh

Hi!, Namaste,

I am very happy to present here the 23rd. issue of Reflections. Wish you all a very happy Saraswati Puja/ Vasant Panchami.

February heralds the onset of spring in India. At the same time, February brings in Saraswati Puja and Valentine's day.

Saraswati is the Hindu goddess of knowledge, music, art, speech, wisdom, and learning. She has remained significant as a goddess from the Vedic period through modern times. She is generally shown to have four arms, holding a book, a rosary, a water pot and a musical instrument called Veena. Each of these items have symbolic meaning. Saraswati Puja is celebrated in a big way in Schools, Colleges and homes of Bengal. Though, it is basically a Puja but it has become synonymous with romantic love amongst the boys and girls studying in the schools and colleges. May be intoxicating spring has something to do with it.

Valentine's day is also called Saint Valentine's Day or the Feast of Saint Valentine is celebrated annually on February 14. It originated as a Christian feast day honouring early Christian martyrs named Saint Valentine and, through later folk traditions, has become a significant cultural, religious, and commercial celebration of romance and love in many regions of the world.

So, in short people find excuse to fall in love and to celebrate romantic love. Spring and romantic love are heady concoctions.

You see someone attractive across the room and that feeling of love rushes into your head, but is it really love? Is it love at first sight or mere physical attraction? How can you truly be in love with someone that you have just met? In loving a person you have to know about them, have a mental connection and bond. If you just look at someone you are attracted to him or her, not in love. Love is almost like a drug in the sense that people crave it, need it, and sometimes will do almost anything for it. It is easy to fall in love but difficult to live up to it. We have heard examples of Romeo & Juliet, Hir & Ranja, Siri & Farhad and Laila & Majnu where a lover sacrifices self for the beloved. You need that madness to sacrifice everything for the beloved.

But, is it possible for everyone to give up everything for the beloved? You have to have a strong bonding which is reciprocated by both the lover as well as beloved. Most of the time, love dries up if someone faces tough situation. It also dies when you are judgemental and try to judge every move of your beloved. If you are truly in love, you should be accommodating and flexible and accept the person as he or she is. Victor Hugo once said, "The greatest happiness of life is the conviction that we are loved; loved for ourselves, or rather, loved in spite of ourselves."

So, love is a many splendored thing. It is not just lust or physical attraction. It is divine and you have to be a devotee to experience it. You have not lived if you have never fallen in love. Life is to be lived, so start living.

This issue would not have been possible without the help of Dr. Patrick Basu, Dr. Simi Gulati, Dr. Rohini Patil, Dr. Shalini Agarwal, Dr. Sanjeev Handique, Dr. Praveen Bhatia, Dr. Palsh Jyoti Das, Dr. Kanchan Pathak, Dr. Juni Menon, 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 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

### MATA NI PACHEDI



Mata Ni Pachedi is also known as the 'Kalamkari of Gujarat,' owing to its similarity to the Kalamkari technique practiced in Southern India. The central theme of Gujarati Kalamkari is the Goddess Shakti - an avatar of the Goddess Durga.

This art form was first developed by the nomadic Devipujak community (originally called Vaghari) of Gujarat more than 200 years ago. The people of the community belonged to a lower caste ('Untouchables') and were denied entry into temples. To find a solution, they developed the Mata Ni Pachedi- a painted image of the Goddess was made on a piece of cloth and hung up behind the temple and was worshipped. Thus, was born a beautiful folk art. This textile came to be known as Mata Ni Pachedi, which translates into "Behind the Mother Goddess (temple)." Typically, the Pachedis were made on large hand spun rectangular cotton sheets on which the



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simi\_purple haze

**Artforms**

Chitaras (artists) of Devipujak community hand painted scenes and depictions of Shakti Mata.

### Why Is Durga Worshipped?

Goddess Durga/Mata symbolizes the divine forces (positive energy) known as 'divine shakti' (female energy/ power) that is used against the negative forces of evil. She protects her devotees from evil powers and safeguards them. It is said that her 'shakti' contains the combined energies of all the Gods in the form of weapons and emblems (mudras).



### Characteristics Of the Textile:

This Mata Ni Pachedi is made from hand-spun cotton from Gujarat. It is maroon and black in colour, with the surface of the materials being the third colour.

**Maroon:** is associated with the colour of Mother Earth and is believed to possess healing powers. The dye is obtained from alizarin & alum.

**Black:** is meant to repel evil spirits and intensify spiritual energy. It is obtained from oxidized iron & molasses.

**White:** is considered the colour of purity and contact with ancestral spirits, deities, and spiritual entities. This colour comes from the natural cotton silk fabric used in the textile.

The space surrounding the central image is divided into 7-9 panels, each narrating a scene from an epic. The artwork is framed within a bold border (lassapatti) and is divided into a line of single colour and a band of a linear triangular pattern. All the materials used in the creation of Mata Ni Pachedi are organic. The dyes, the fabrics (such as cotton, khadi, silk etc.), the bamboo stick (Kalams) are all made up of naturally available products. Extremely eco-friendly in its nature, Mata Ni Pachedi reinforces the use of non-polluting, wholesome materials to create beautiful art.



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## Artforms

### Motifs On the Cloth



The centre of the textile depicts the Devi-Mata in her mighty form, mounted on a tiger enshrined by a representation of Mount Kailash. Being the destroyer of evil, in her multiple hands she holds weapons of destruction while looking fierce and commanding. Deities and commoners surround her in admiration and awe.

**Sword:** in her hand symbolizes eradication of vices teaching us to discriminate and eradicate our evil qualities.

**Conch:** in her hand symbolizes happiness. We must perform our duty happily and cheerfully and not with resentment.

**Tiger:** symbolizes unlimited power. Mata riding a tiger indicates that She possesses unlimited power and uses it to protect virtue and destroy evil.

**Sun:** the presence of the celestial body in the top corner is indicative of the continuity of life.

The surrounding panel has depiction of folk tales and representation of various other gods like ganesha, Krishna and Rama along with animal pictures like peacock, parrot deer etc

*Mata ni Pachedi* indeed deserves to be preserved as there are only a handful of artists remaining that still practise it.



**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.

### SHADES OF GREY

There is no Ram  
There isn't a Ravana  
One can't be all dark  
And neither all light

What's so very obvious  
Of which we are oblivious  
However hard we try  
Amongst GREY shades we lie

At times we are hard  
At times so meek  
Sometimes we regret  
At times simply forget

None is a perfect villain  
Not even one in a million  
Albeit no one is a hero  
There's also no figaro

Hence we all lie in zone "grey"  
Nature made us all this way  
And also it offered a bliss  
One can tilt that way or this

### SUNDAY BLUES

Weekend it is  
My plans are replete

Wake early to walk  
Hit the gym or track  
Food to healthify  
A trick I need to try

Clean n tidy cupboards  
Dance to songs n numbers  
Facial and quick clean up  
Hair wash and body scrub

Courtesy calls to make  
Greetings for keep sake  
Plan a real a long drive  
An escape from your hive

But...

Once the Sunday dawns  
Till late am in pyjamas  
Gobble a greedy breakfast  
And manage a bath at last

A hungry family to face  
Kitchen at its worst menace  
Then hubby begins to argue  
Zomato Swiggy to my rescue

A late lunch swiped in minutes  
Knocks down energy and spirits  
Netflix or Prime come to action  
Sit back to get satisfaction

Evening comes pretty fast  
Daylight hardly lasts  
Dine and back to bed  
Monday is waiting ahead.

### WINTER AGAIN

And so The Medallion  
Rewrites its biopic  
Once again shining  
On the SouthernTropic

As mother earth  
Like a pious pilgrim  
Rotates and revolves  
A fresh season evolves

Scarce daylight  
And frost filled night  
Abundant migrant feather  
Are a pleasing sight

With the chill as skin turns rosy  
Every soul tries to be cosy  
Some migrate  
Some hibernate  
Some accomplish while  
Others accommodate

All try to live  
And just survive  
In the tough cold winter  
Struggling to thrive.



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.

### मेरे नटखट विचार

कभी कभी विचार तुमसे बहुत डर लगता है  
अचानक दिल के किसी कौने से झांक कर  
एक भूत के समान डराते हो  
और फिर मुझ पर हंस कर चले जाते हो

कभी कभी विचार तुमसे बहुत डर लगता है  
मेरा हाथ पकड़ अपनी ही दुनिया में ले  
जाते हो  
वपिस आने का रस्ता न भूल जाऊँ  
इसी बात से सिहर जाती हूँ

कभी कभी विचार तुमसे बहुत डर लगता है  
अपने साथियों के साथ मुझे ऐसे घेर लेते  
हो  
मैं बुत बन देखती रह जाती हूँ  
और कुछ नहीं कर पाती हूँ

कभी कभी विचार तुमसे बहुत डर लगता है  
हर काम करने से पहले मुझे रोकते हो  
सोच में इतना पड़ जाती हूँ कि  
काम करना ही भूल जाती हूँ

कभी कभी विचार तुमसे बहुत डर लगता है  
भूत, भविष्य की चिंता किये बगैर

मुझे अपने पीछे दौड़ते हो और  
जब पकड़ने भागती हूँ तो और दूर चले  
जाते हो ।

कभी कभी विचार तुमसे बहुत डर लगता

है  
कभी हंसाते हो, कभी रुलाते हो  
सोचते सोचते थक जाती हूँ  
कभी पागल ना हो जाऊँ, इस बात से  
डरती हूँ

कभी कभी विचार तुमसे बहुत डर लगता है—

### सहमे विचार

मैं थी और मेरी तनहाई भी।

कई विचार थे और कलम भी

फिर भी बेचैनी थी बंदिश की

दबी सांस और अनसुनी हँसी की

बीमार थे सब अनदेखी बीमारी से

सहमे थे सब एक मजबूरी से

जिंदगी बदल गई थी चंद लमहो मे

शब्द थक गए थे और स्याही सूख गई थी

पन्ने कोरे और पुस्तक हताश थी।

सपने सो गए थे, लोरी चुप हो गई थी।

इंतजार था सुबह की लालिमा का

काले साए के छटने का

एक नये दिन का; एक नयी जिंदगी का।



**Dr. Sanjeev Handique,**  
MBBS, MD  
Director Radiology &  
Imaging GNRC Sixmile  
Hospital,  
Guwahati, Assam

## Art

**Dr. Sanjeev Handique** is a friend and fellow Radiologist from Guwahati. He is an ex-student of Assam Medical College. He excels in painting and makes paper scale models of cars also. In last issue we had gone through some of his craft and in this issue we will again see some of his paintings. He is a self taught painter. Here are some of his portraits, which I am sure you will love it.



**Off to market. Quarter sized watercolour on Fabriano 300gsm paper.**



**“ The man by the bridge” 9x12” watercolour on arches 300gsm CP paper. My wife and I met this man near a picturesque but certainly confidence uninspiring pedestrian suspension bridge that connects the little hamlet of Rottung with a small village across the Siang river in East Siang district of Arunachal Pradesh. Walking across the bridge made out of steel wires and metal sheets from discarded containers overlaid with woven bamboo is quite an adventure and took a city slicker like me quite sometime . This man was ferrying bags of ginger across the bridge and was shouting out encouragement to my wife and me. In the time he ferried two bags across we managed to cross the bridge only once.**



Dr. Sanjeev Handique,  
MBBS, MD  
Director Radiology &  
Imaging GNRC Sixmile  
Hospital,  
Guwahati, Assam

Art



**Catching up. 11x14" watercolour on Arches 300gsm paper.**



**"Aaita" 15x11" watercolour on Arches 300gsm paper.**



**Dr. Sanjeev Handique,**  
MBBS, MD  
Director Radiology &  
Imaging GNRC Sixmile  
Hospital,  
Guwahati, Assam

## Art



**“ Lachit Nagar “ . This house was referred to as such by us. It was built by my wife Mitali’s grandfather late Badan Borbarua in Dibrugarh. As with many Assam type houses, this too will be soon demolished. The older section in the rear is lower down and that is not a drawing or perspective error . 11x14” line and wash watercolour on Arches 300gsm paper**



**“ The Haflong DC Bungalow ” 11x14” watercolour on Arches 300gsm paper. My thanks to my friend Paul Barua for the invite and hospitality.**



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.



### ADIPARASHAKTI

*Medium:* Acrylic on canvas.

*Size:* 36x24 inches.

Adiparashakti is the supreme power beyond this universe. the only eternal truth. having neither the beginning nor the end. Goddess Durga is said to be the truest form of this Parabrahman. the Goddess of Power and Beauty and the source of all other goddesses. The sacred energy or Divine mother presents in innumerable forms and colours transcending all ridiculous mortal concepts like gender, race, caste, and whatever nonsense out there. She embodies the collective energy Shakti, of Brahma Vishnu and Shiva. Hail Mother...You hail!



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

Art



### THE MAJESTIC KATHAKALI

Medium: Oil on canvas. Size: 48x36 inches.

Here I have attempted to portray the majestic artform Kathakali...! The theatre of imagination I must say. the magnificent dance story narrative from my state of Kerala! It formulates from "katha" meaning a story and "kali" meaning a dance or performance. The concept is of total theatre. where acting, music (vocal and instrumental), the colour psychology and the costumes play their peculiar roles... As a young girl, I have always been fascinated by the elaborate and intricate make up (aharya-abhinaya) the heavy costumes, head dress (kireedam) and the accessories complimented with spectacular performances, music and lightings which bring life to the characters of great epics and legends. thus, creating a surreal world on stage.

Here the depiction is of Katti Vesham (usually identified by a knife-like pattern, called katti painted on the cheek) ... As you can see a small ball is fixed to the nose tip and to the forehead...

Such characters have an evil streak to them like Ravana, Duryodhana, Kamsa etc.

I have tried to be as authentic as possible to the entire costume, accessories, and face makeup.

Each fold of the cloth, each bead of the ornaments. The magnificent headgear. All have been rendered with utmost love. Mostly due to the love for this beautiful artform.



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

Art



### VIGHNAHARTA

Medium: Acrylic on canvas.  
Size: 30x24 inches.

Gannu bapa here has been portrayed in a colourful vibrant manner. Here the lord is seen relaxing with a baby version of himself (a baby elephant) sharing positive vibes OM to the entire universe. along with his vaahan, Mooshika by his side who looks up adoringly at his Lord with offerings of karukapullu/ Dhruva grass in his tiny hands



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

## Art

Dr. Palash Jyoti Das is a radiologist presently working in Arya Wellness Centre, Guwahati Assam. Drawing and painting is his passion since childhood. After joining the medical profession he could not continue due to time constraints. During the lockdown period, he reignited the old passion. Here are some of his artworks, hope you will love it.





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

Art





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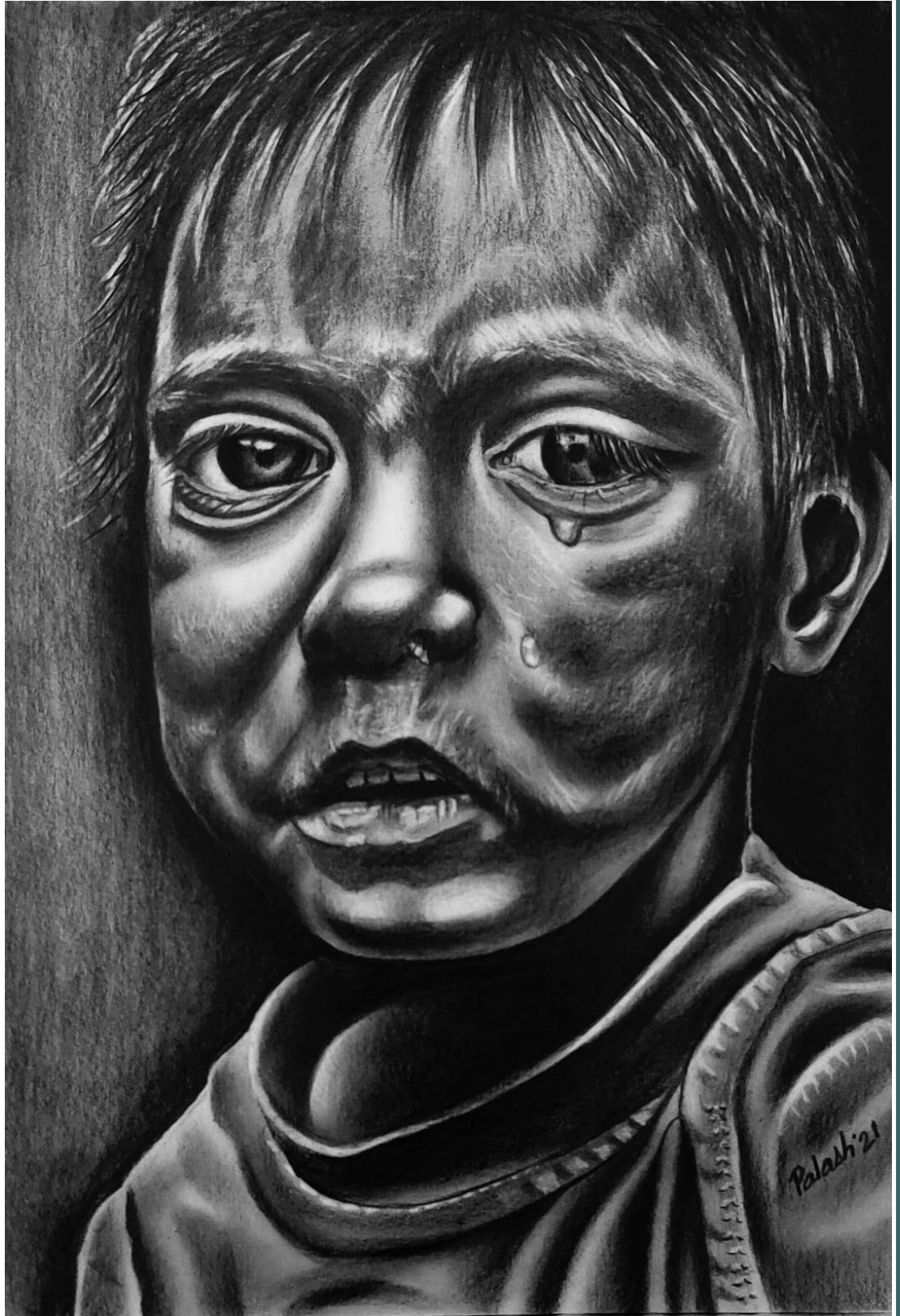
Art





Dr. Palash Jyoti Das,  
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Arya Wellness Centre,

**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.





**Dr. Kanchan Pathak**  
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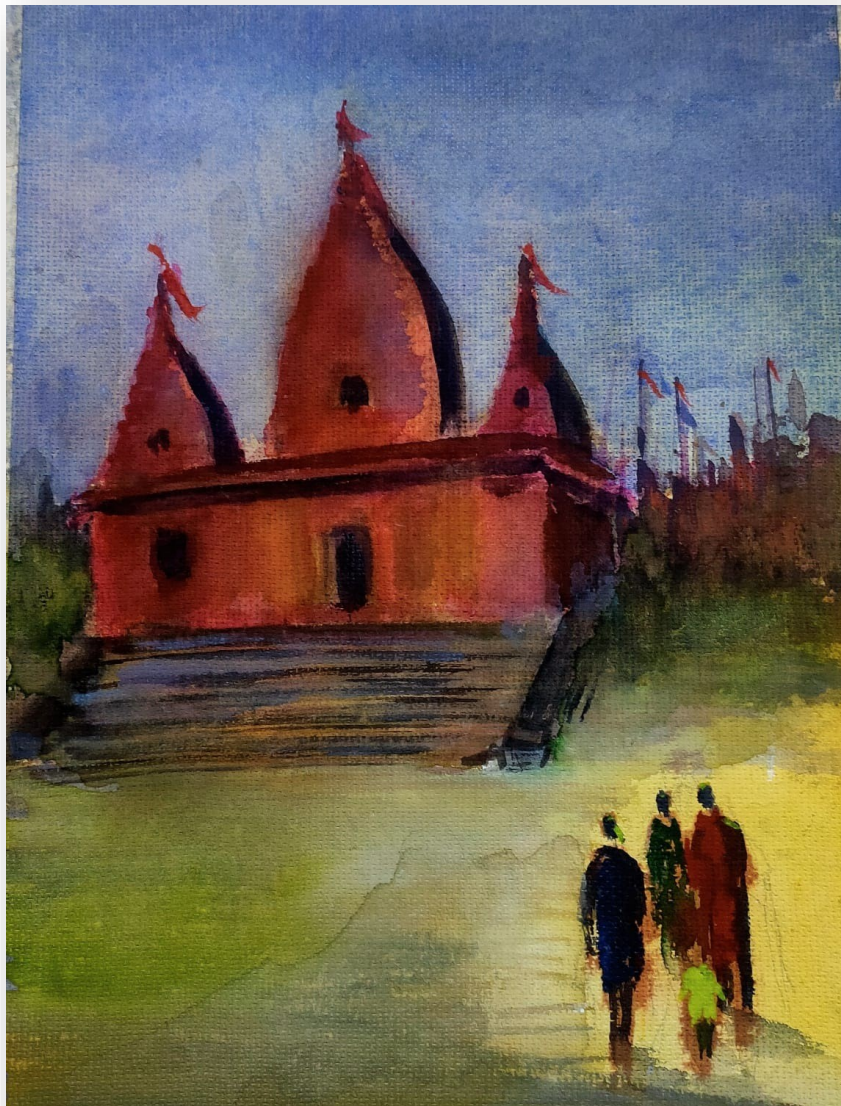
**Art**





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**Art**

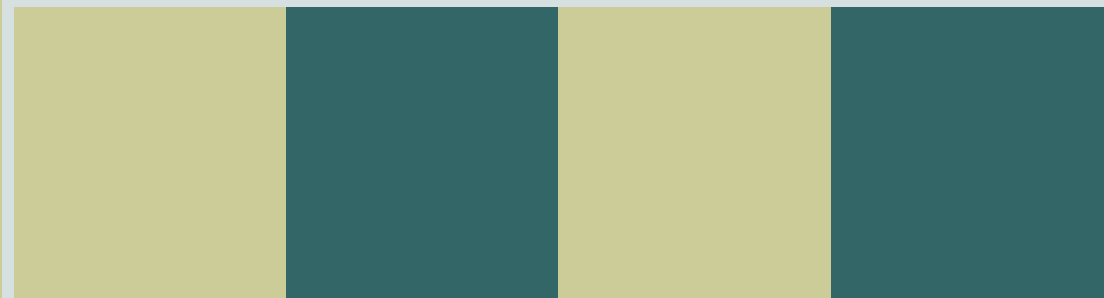




**Dr. Reeta Bora**  
**MBBS, MD,DM**  
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 Consultant Neonatologist  
 Dibrugarh Assam.

## Photography

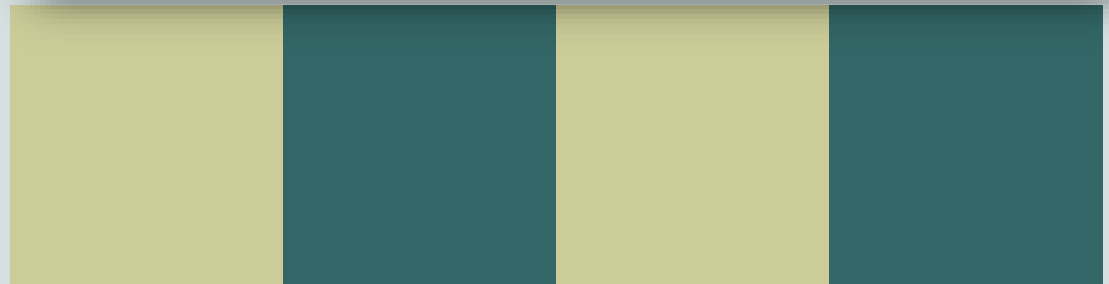
Dr. Reeta Bora is a Pediatrician and Neonatologist by profession. She did her MBBS from Assam medical college Dibrugarh, MD Pediatrics from Assam Medical college, Dibrugarh and DM Neonatology from PGIMER Chandigarh. Her hobby has been painting since childhood, but with availability of cameras in cell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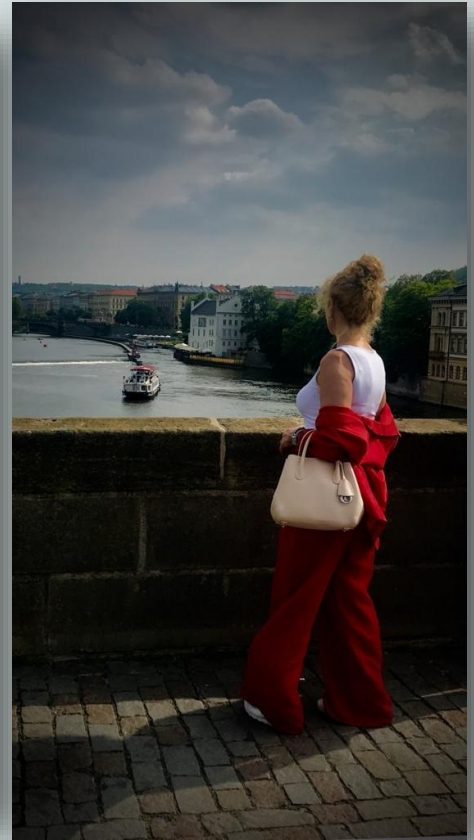
## Photography





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## Photography

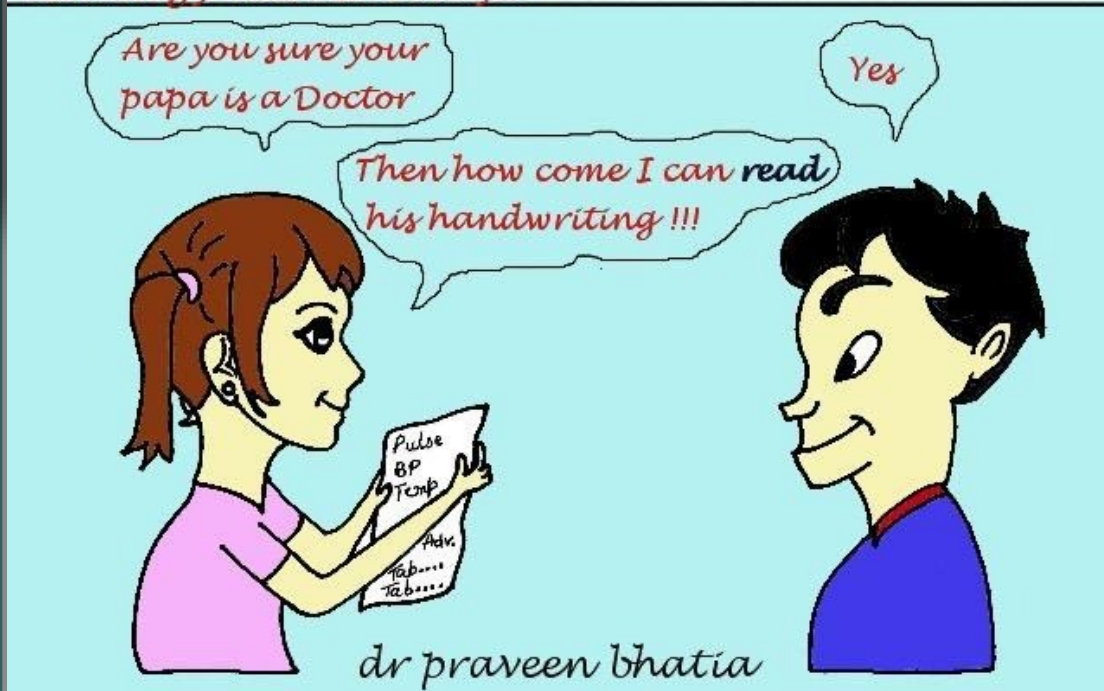




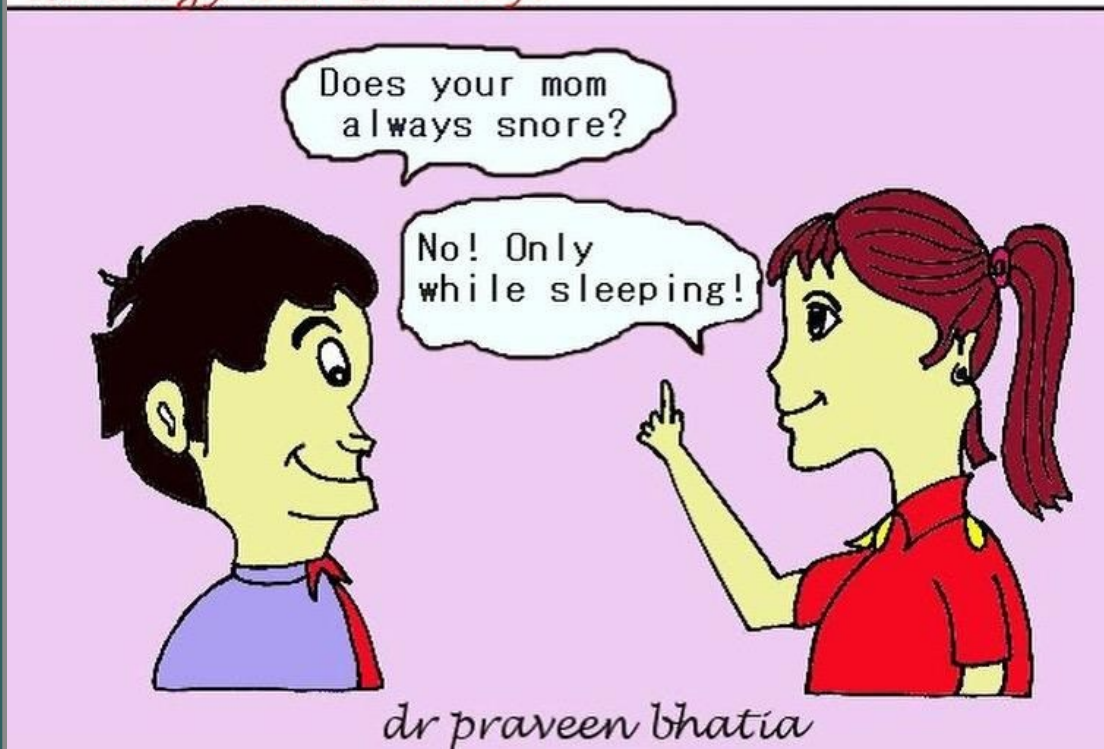
Dr. Praveen Bhatia,  
MBBS, MD  
Consultant Radiologist

## Humour

### Kidology with Shanaya



### Kidology with Shanaya

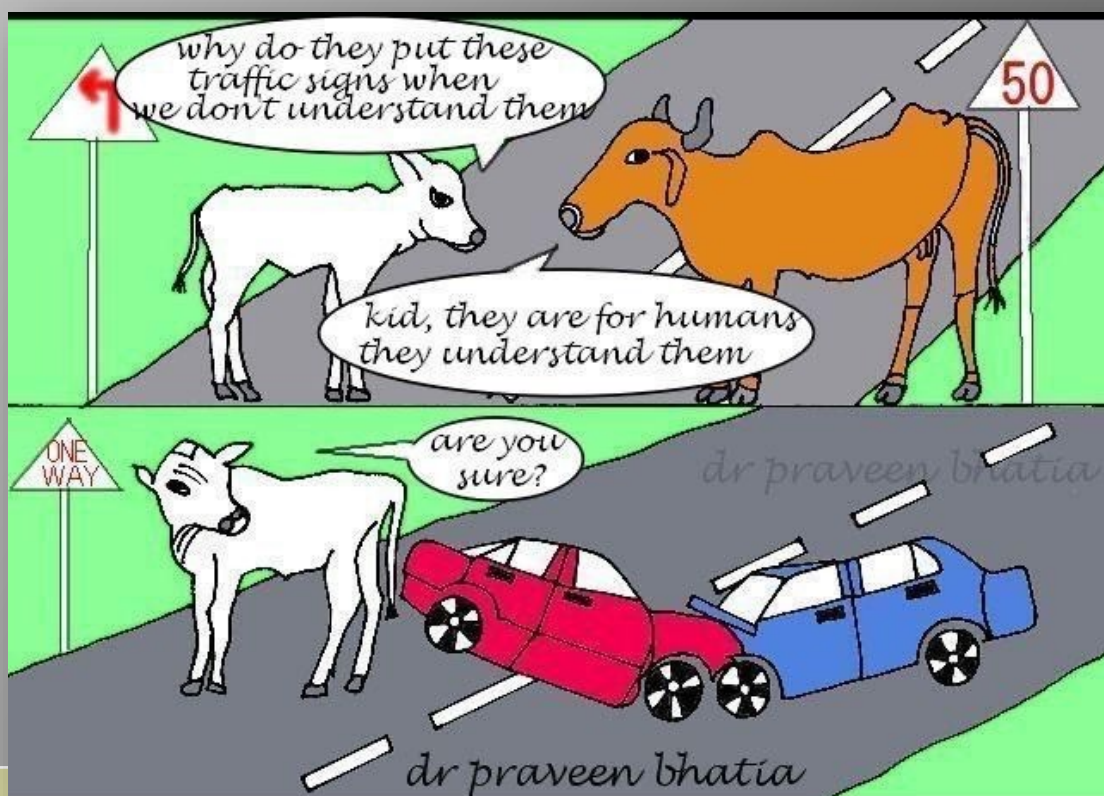


Dr. Praveen Bhatia is also a fellow Radiologist, He has done MBBS from UCMS Delhi and MD Radio-Diagnosis from Maulana Azad Medical College, Delhi. He runs a diagnostic centre at Faridabad, Haryana. He started cartooning initially as time pass during corona lockdown, enjoyed and then carried on. He is 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





**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.

### Lauki halwa /dudhi halwa /ghiya halwa

#### INGREDIENTS:

1. 4 tablespoons Ghee
2. 1.5 kgs dudhi (bottle gourd or opo squash or dudhi)
3. 7 -8 tablespoons sugar or add as required
4. 3 -4 tablespoons chopped nuts – almonds, cashews, or pistachios
5. 250 gms of fresh mawa/khoya
5. Green edible colour.
- 6 Water for dissolving the colour.
7. Pomegranate, tutti fruti, apple for garnishing.



Lauki halwa is a sweet Indian dessert made with bottle gourd or opo squash, khoya, ghee, sugar and flavoured with cardamom and nuts.

It is **SUPER** easy to make but is time consuming and a good hand exercise too as it has to be stirred continuously for roughly 35-40 min.



## Culinary Arts

I believe in old adage - dil ka rasta pet se hoke jaata hai.

I was a carefree girl in my earlier years of life, who would never go to kitchen and always find excuses to escape those kitchen rides, never realised when this cooking became my passion.

My mother always used to say - cooking is love made edible, I used to follow my grandmother wherever she would go, she used to say spending the time in kitchen is a therapy, it just puts me in a much calmer, less frazzled mood than sitting on the couch for the same amount of time. Plus it gives me an opportunity to nurture my family and friends. To express my love and take care of them. I never realised when this became the anthem of my life.

Hearing the words 'this is amazing' or that tastes good was a huge motivator for me to keep spending time in the kitchen when I was learning to cook, deep down you are definitely enjoying the moment. This lock down gave wings to my creativity and I could sharpen my baking skills.

Dr. Ritu Lokhande

### Procedure:

1. Peel and grate lauki. Before grating taste, the lauki. If it tastes sour or bitter, then discard and do not cook it. Squeeze the lauki.

2. Heat 4 tablespoons ghee in a heavy pan or kadhai on medium-low to medium flame. Add the grated lauki. Mix grated lauki very well with the ghee using spatula. Sauté lauki till the moisture dries.



3. Then add khoya /mawa. Continue to cook on a low to medium-low flame till the time khoya mixes well with lauki. In between do stir at times.



## Culinary Arts

**4. Add sugar and mix well.**



**5. Next add the magic green colour and stir so that the colour mixes well.**



**6. Let it cook till the halwa leaves the ghee from sides.**



## Culinary Arts

7. Garnish with pomegranate / sliced apples dry fruits 3 tablespoons chopped nuts (almonds, pistachios, cashews) and  $\frac{1}{2}$  to 1 teaspoon cardamom powder My grandmother used to add rose water for the fragrance that's completely optional.

8. Serve the halwa hot with the dollop of love.



The halwa can be refrigerated for a couple of days and should be stored in tight lid container.

**Enjoy the winters.**



Photography - Dr. Patrick Basu

### Next issue in March, 2022

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

# Reflections

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