

"Be a reflection of what you'd like to receive. If you want love, give love. If you want truth, be truthful. What you give out will always return." Kristen Butler

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"The real man smiles in trouble, gathers strength from distress, and grows brave by reflection." Thomas Paine

Reflections

Volume III, Issue IV

April 2022



Photography : Dr. Patrick Basu

Reflections

Volume III, Issue IV

April 2022

Radiologist's Musings - Viral Parekh

Hi!, Namaste,

I am very happy to present here the twenty-fifth issue of Reflections. This is also 2nd. Anniversary issue. Time just flies off. I would like to sincerely thank each and every doctor artist who has contributed her/his artwork in this magazine.

April is a unique month in which multiple festivals across India are celebrated. Festivals like Gudi Padwa, Ugadi, Baisakhi, Bihu and so on will be celebrated in this month.

Gudi Padwa is a spring-time festival that marks the traditional new year or Marathi and Konkani Hindus, but is also celebrated by other Hindus as well. It is celebrated in and around Maharashtra, Goa, and the union territory of Daman on the first day of the Chaitra month, to mark the beginning of the new year according to the lunisolar method of the Hindu calendar. It will be celebrated on 2nd. Of April. On the same day, **Ugadi** is celebrated every year to mark the beginning of the Telugu New Year. The festival is usually celebrated in Andhra Pradesh, Telangana, and Karnataka.

Baisakhi or Vaisakhi, the harvest festival, is observed in most of India to mark the start of the new spring season. It marks the end of India's harvest season and the beginning of a prosperous period for farmers. It is also known as Vaisakhi, and will be celebrated on 14th April Baisakhi is particularly significant in Punjab and Haryana due to the large Sikh population, which celebrates the festival with zeal and enthusiasm.

The festival of **Vishu** heralds the beginning of the Malayalee New Year and the festival is celebrated in a big way in Kerala and the adjoining areas of Tamil Nadu. Vishu day marks the Sun's transit to the zodiac Mesha Rashi as per the Indian Astrological calculations. It will be celebrated on 15th. Of April.

Bohag Bihu or Rongoli Bihu is one of the most important and significant festivals that is celebrated by Assamese people. It celebrates the beginning of the

harvesting season, also the first day of the Hindu solar calendar. Like other harvest festivals of India, Bihu involves the farmer community which offers thanks to the almighty for the successful harvest as well as hoping for a better harvest in the future. It will be celebrated on 14th. Of April.

Poila Baisakh is Bengali New Year. According to the Bengali calendar, it is not only the first day of the year, but it is also an emotion. Bongs might have a crazy day. The atmosphere begins to set with the arrival of 'Chaitra,' the final month of the Bengali calendar. When we step down the lanes and by-lanes of every Bengali housing or colony, we get the impression that a new beginning is beckoning. It will also be celebrated on 15th. Of April.

Good Friday is a Christian holiday commemorating the crucifixion of Jesus and his death at Calvary. This day is observed right after Maundy Thursday and marks the end of the Lenten season. It is observed on the Friday preceding Easter Sunday. Good Friday is also known as Holy Friday, Great Friday, Great and Holy Friday and Black Friday. It will also be observed on 15th. Of April.

Mahavir Jayanti (also Mahavir Janma Kalyanak) is a festival that is crucially important in the Jain religion. In fact, it is often described as the most important festival in the Jain calendar. Mahavir Jayanti is the occasion to celebrate the birth or coming into the physical world of the 24th or the last Tirthankara, Lord Mahavira. It will be celebrated on 14th. Of April.

So, I hope, we will all observe different rituals and festivals during this eventful month of April.

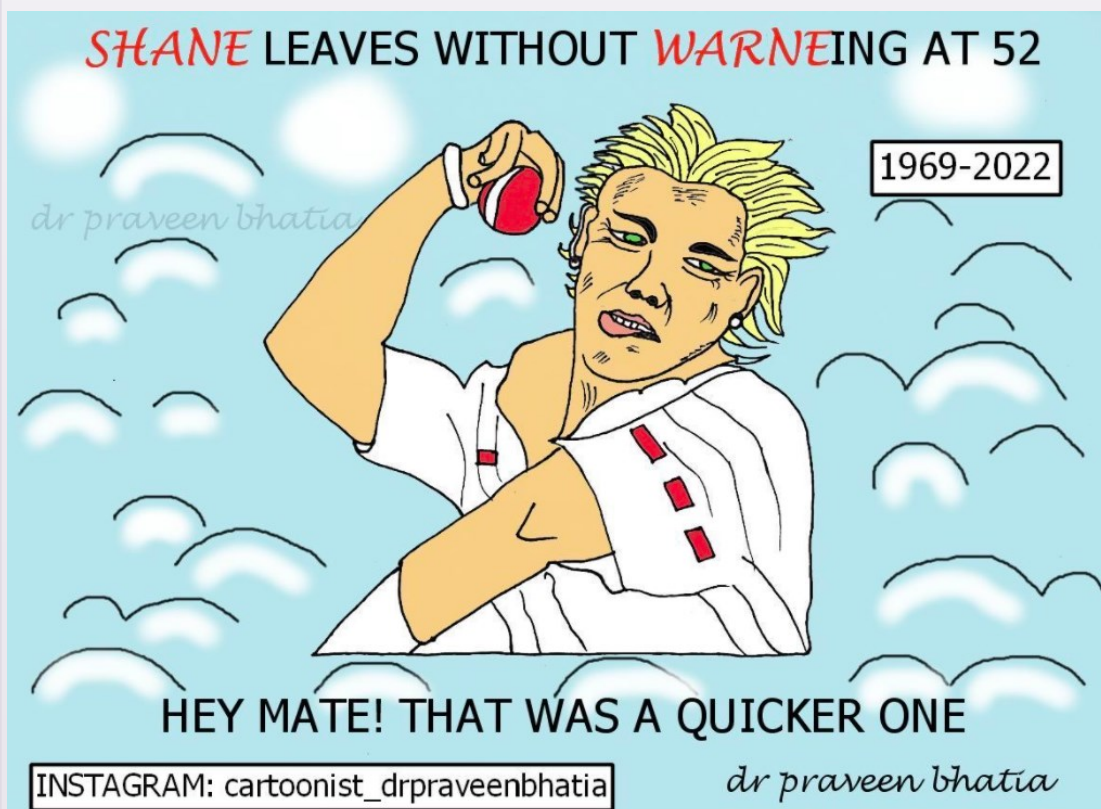
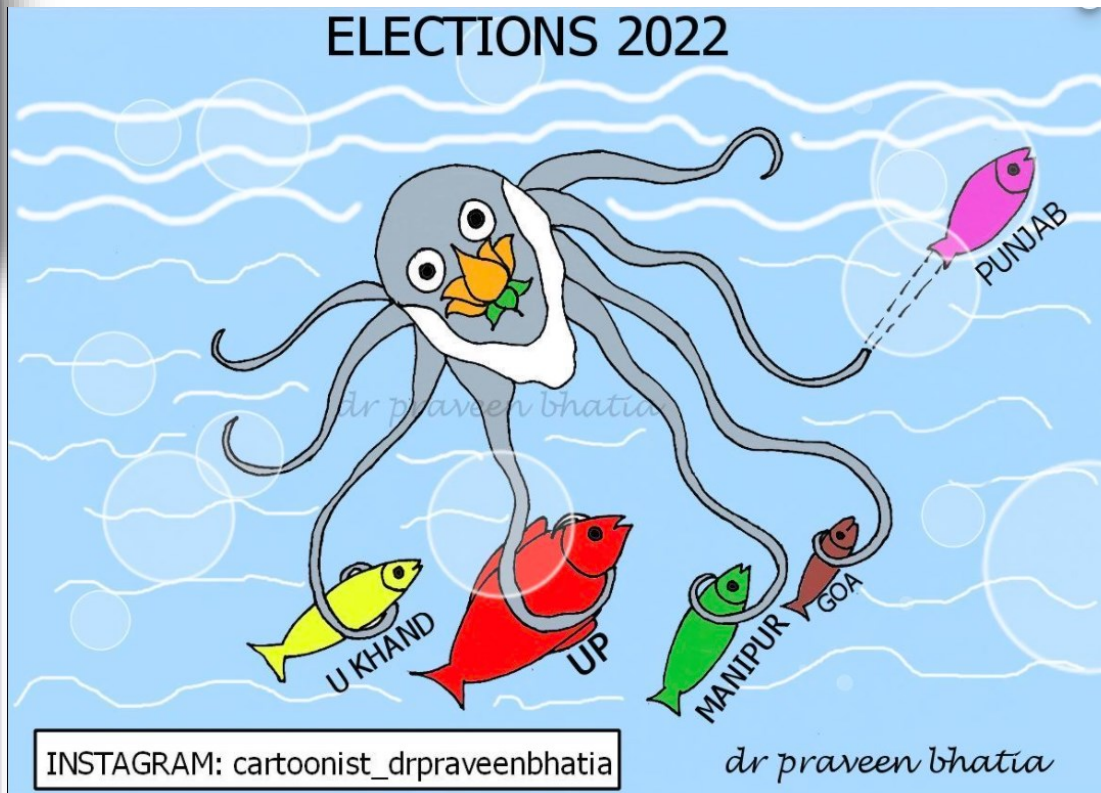
This issue would not have been possible without the help of Kanchan, Sushanta, Dr. Rohini Patil, Dr. Shalini Agarwal, Dr. Praveen Bhatia, Dr. Anup Sadhu, Dr. Kallol Tripathi, and Dr. Ritu Lokhande. I am obliged and sincerely thank all of them.



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.



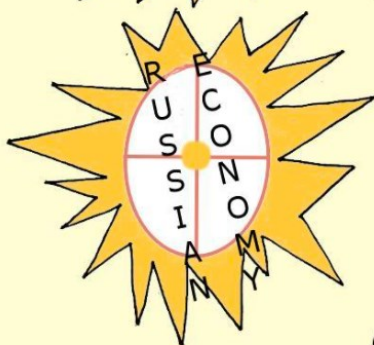


Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

HOW **NOT** TO KILL TWO BIRDS WITH ONE STONE

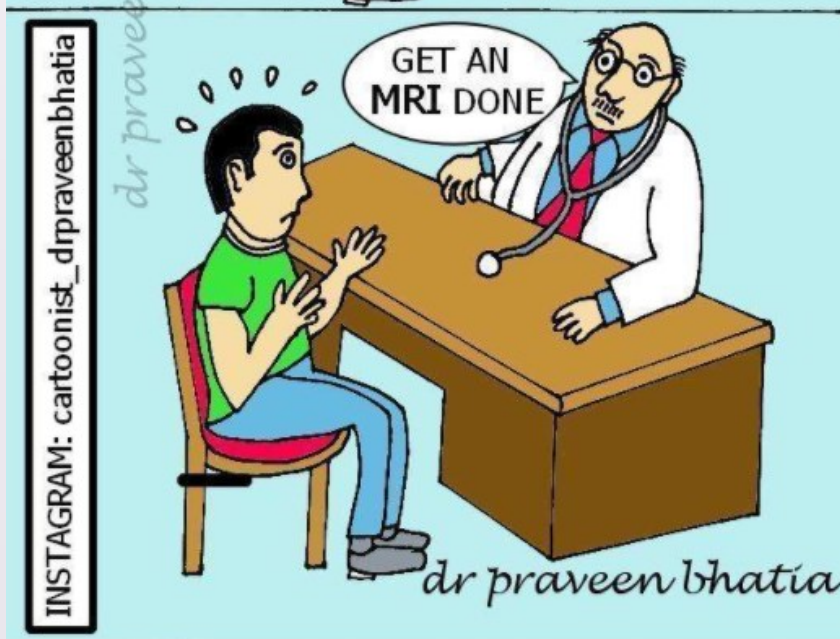
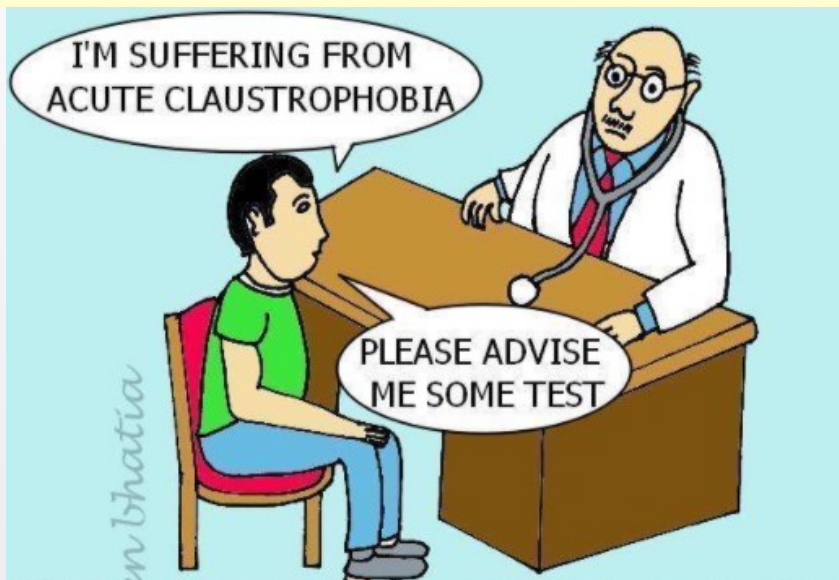


dr praveen bhatia



dr praveen bhatia

Humour



INSTAGRAM: cartoonist_drpraveenbhatia

dr praveen bhatia



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

Humour



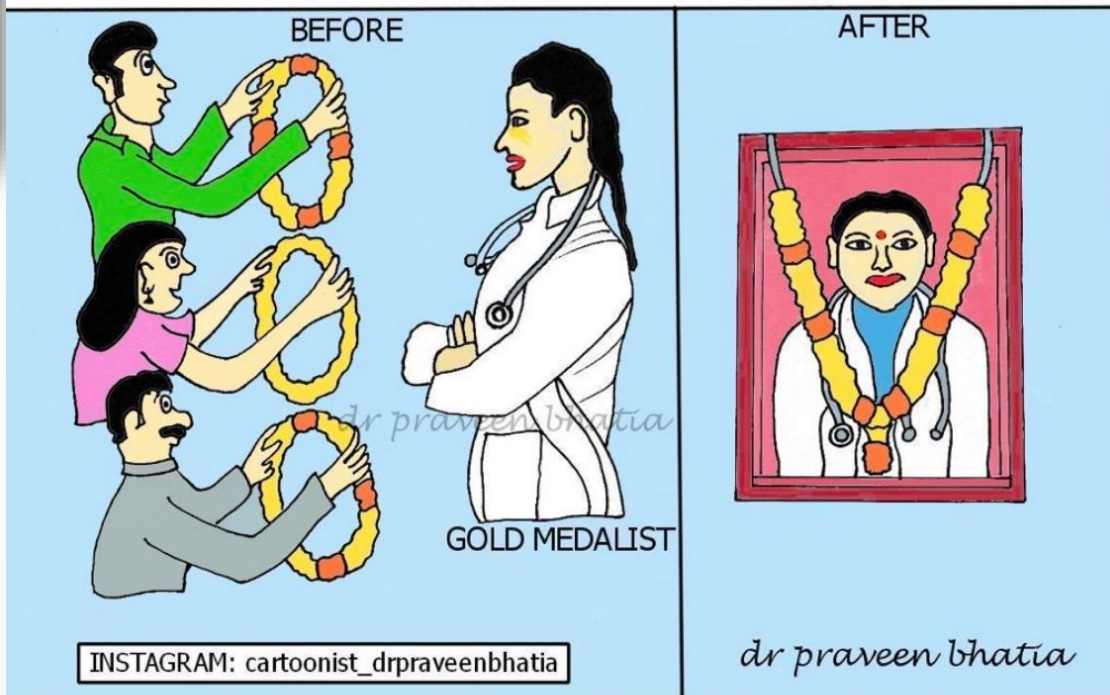
WILL SMITH SLAPS CHRIS ROCK AT ACADEMY AWARDS CEREMONY
WINS OSCAR FOR "KING RICHARDS"





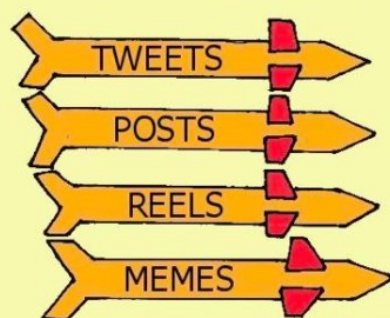
Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

A RAJASTHAN GYNAECOLOGIST COMMITS SUICIDE FOLLOWING HARASSMENT BY PATIENT'S ATTENDANTS & INAPPROPRIATE FILING OF A CASE OF MURDER BY POLICE



Humour

WHO SAYS WORLD IS NOT HELPING UKRAINE WITH
WEAPONS

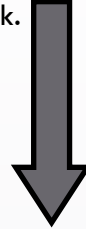


VOLODYMYR ZELENSKY

INSTAGRAM: cartoonist_drpraveenbhatia

dr praveen bhatia

This is the 25th issue of Reflections and I have interacted with many doctor friends who have contributed to this magazine but have never met me. The magazine also circulates in many groups and has attained a name for itself. People have now come to know that some Dr. Viral Parekh brings out this Reflections. Many of them send me personal messages that we have never seen you and you publish photographs of every person who contributes his/her art to this magazine. Why don't you publish your own photograph? I thought it will be narcissistic thing to do. But finally, I am following their advice. But, I being of artistic bend, requested **Dr. B. K. Manocha**, a popular and senior paediatrician and a fine artist to draw a sketch of mine. He obliged and drew my sketch. Thanks a lot Dr. Manocha. This is how I look.



Humour



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 and street photography. He was awarded with many international awards in Photography.

He works with water colour and enjoys various experimentations. His subjects are mainly birds and animals ,lone tree and other artifacts of nature. An Aura of mys-



Bloom - Soft Pastel



Dr. Kallol Tripathi
MBBS, DVD
Dermatologist

Art



Palash tree - Soft Pastel



The Himalayas –
soft pastel



Dr. Kallol Tripathi
MBBS, DVD
Dermatologist

Art



Black Buck - Water colour



**Moonlit Nature
- Water colour**



Dr. Kallol Tripathi
MBBS, DVD
Dermatologist

Art



A forest scene – Water colour



The lake
– Water colour



Dr. Kallol Tripathi
MBBS, DVD
Dermatologist

Art

The swan --water colour





Dr. Kallol Tripathi
MBBS, DVD
Dermatologist

Art



The lotus pond - Soft Pastel



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.



2022/03/13 18:32

Cyclists



2022/03/13 18:32

Friends



Dr. Kanchan Pathak
MBBS, DGO, MS
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Nayagram Multispecialty
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Govt. of West Bengal,
West Bengal, India.



Flowers



Temple

Art



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.

KINGDOM ANIMALIA

It occurred once
To beasts and birds
Let's join a school
Let's start at once

And one fine morn
A word went round
And all were ready
On the school playground

The choice of subjects
Was left to them
But each chose all
Not a wise thought at all

And so....
The duck was made to run
Till his feet got all swollen
Monkeys were asked to crawl
Till they broke their bones n all
The fish was told to dance
Till he felt he had no chance
Cows were made to skate
Till they repented over their fate

The game went really crazy
Each student got dizzy
Being pushed into a sport
On which he could not count

The final score was done
Fair performance none
Had they opted for instinctive tasks
All could have ended first-class



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.

No War

आदमी ऊँचा हो गया, और दुनिया छोटी;
डर है कहीं इंसानियत दिखनी बंद हो जाए।

जिंदगी चली जा रही है,
अनजान खेल की तरह;
जिसमें जीत भी उसकी है
और हार भी उसीकी।

उम्मीद ही वह किरण है;
जो अँधेरे में भी चमकती है।



Dr. Shalini Agarwal
MBBS, MD, DNB
Professor, Department of
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यह दिन यूँ ही कट जाएँगे
अहम की लड़ाई में,
न वो बड़ पाएगा
बस दिन कट जाएँगे।

इस पार या उस पार
क्या फर्क पड़ता है।
आशियाने की तलाश है
इस पार या उस पार।

दरिया तुम बहे चलो
अपनी राह चले चलो
एक दिन वही आओगे
जिस सागर हम समाएँगे।

Dedicated to the Ukrainian Nationals and the Indian Students from Ukraine, who bravely fought every adversity they faced due to the ongoing war.



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

Glamour Photography



Mr. Sushanta Bhadra is also my classmate and a very dear friend from R. G. Kar Medical College. He is probably the most qualified amongst 150 classmates of our Medicos-80 batch. He now stays in Bexley, Kent, UK. In spite of a very busy schedule, he still manages to pursue his passion for glamour photography. Some of his work is here and I am sure it will please you.





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

Glamour Photography





**Mr. Sushanta Bhadra,
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Clinical Director,
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PCN**

**Glamour
Photography**





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

**Glamour
Photography**





Dr. Ritu Lokhande
MBBS, DMRE
Radiologist.
Pune.

Culinary Art

Dr. Ritu Lokhande is also a fellow Radiologist from Pune. Women imaging is her area of interest. Apart from radiology she pursues her passion for cooking, dancing and styling. She is a fitness enthusiast, marathoner and yoga expert. She is the styling expert of Mediqueen Mrs. Maharashtra, a beauty pageant organized by the doctors for the doctors in Maharashtra in Jan 2020. Her natural flair to socialize helps me enjoy a vibrant circle of friends both from medical and non medical fraternities. She can cook almost all the Indian cuisines, Continental, French, Italian. Baking is her all time stress buster. Here is the recipe for Mawa Gujiya.

MAWA GUJIA

Gujiya is a perfect festive treat specially during Holi festival. Gujiya is a sweet fried dumpling which is filled with a mixture of mawa/khoya and choicest nuts. The filling of gujiya is a mixture of roasted dry coconut, nuts, mawa, cardamom powder and powdered sugar. It can be glazed with sugar syrup but that is optional.

INGREDIENTS

Dough

Refined flour(maida) – 1 cup
Ghee – 2 tbsp
Semolina(suji) – 1 tbsp
Water for kneading the dough

Filling

Mawa – 1 cup
Grated coconut – ¼ cup
sugar(Powdered) – ½ cup
Raisins – 1 tbsp
Almonds – 1 tbsp
Pistachios – 1 tbsp
Cashew nut – 1 tbsp
Cardamom powder – ¼ tsp

Sugar Syrup

Sugar – ½ cup
Water – 4 tbsp

Garnish

Sliced almonds – 1 tbsp
Sliced pistachios – 1 tbsp

Method-

Making the dough



1.Mix flour, suji and ghee in a bowl.



Culinary Arts

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

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

My mother always used
to say - cooking is love
made edible , I used to
follow my grandmother
wherever she would go,
she used to say spend-
ing the time in kitchen is
a therapy, it just puts me
in a much calmer, less
frazzled mood than sit-
ting on the couch for the
same amount of time.
Plus it gives me an op-
portunity to nurture my
family and friends. To
express my love and
take care of them. I nev-
er realised when this
became the anthem of
my life.

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

Dr. Ritu Lokhande

2. Make a soft dough adding water slowly as needed, knead properly to make soft dough.



3. Cover the dough for 15 minutes and keep aside.

Making the filling

1. In a pan sauté mawa with ghee till golden brown.



3. Let the mawa cool, then add grated coconut, raisins, almonds, pistachios, sugar powder and green cardamom powder and mix well.





Culinary Arts



Making the gujiyas

1. Roll out thin roti out of the dough approx. 4-inch diameter.



2. Take 1 tbsp of filling and place in the centre of the rolled roti.





Culinary Arts

3. Press the edges together with your fingers and seal it completely.



4. Now pleated designs at the edges, just keep on folding and twisting the edges till the end.



Prepare all the gujiyas in this way and covered with a moist napkins so that the dough does not dry.

5. Deep fry all the gujiyas on medium heat till golden brown.





Culinary Arts

Making the Sugar syrup

1. Boil the sugar and water on medium heat till the two-thread consistency.



2. Add cardamom powder and mix well.

3. Dip the gujiyas into the syrup for coating.



4. Place the gujiyas on wire rack so that extra syrup can be drained.



Garnish with sliced almonds and pistachios when gujiyas are moist.
Gujiyas will be dry in an hour.



Dr. Anup Sadhu, MD
Consultant Radiologist

Festivals

Dr. Anup Sadhu is not only a fellow Radiologist but also a very close friend. He is a co-founder of Calcutta Academy of Radiology along with Dr. Bijon Kundu and yours truly. He is our guiding force and a Consultant Radiologist in Eko X-ray and Imaging Institute located at Medical College, Kolkata.

He was an ex-student of Calcutta Medical College, which was established by Lord William Bentick in the year 1835. It was then known as Medical College, Bengal.

Holi represents the arrival of spring and the triumph of good over evil. It is also said to be the enactment of a game the Hindu god Lord Krishna played with his consort Radha and the Gopis

Holi is a festival celebrated by Hindus around the world. Holi marks the beginning of spring and is usually celebrated at the end of February or early March. Participants in a Holi festival often throw brightly coloured powder and scented water at each other

Holi is a vibrant, energetic, and multi-coloured two-day celebration of love, colour and fertility that takes place every year in February/March. Not only does it mark the official arrival of spring, but it also commemorates the enduring love between Lord Krishna and Radha

In some parts, the Holi celebration is called the "festival of the spring harvest." Farmers celebrate the happiness because they have already refilled their farms with new crops before Holi comes. So, this is their relaxing time that they enjoy with colors, desserts and dresses.

AT MANIPUR

In major parts of the country, the festival of colors is esteemed as Holi, however, in Manipur, it is Yaoshang

Yaoshang is one of the premier festivals of Manipur, celebrated on the full moon day of Phalguna and is one of the major festivals of this Northeastern state.

A small hut constructed for the festival at every locality is set fire after worshipping Lord Gouranga Mahaprabhu in the evening a day before Holi. After the ceremony, small kids visit every house and beg money and continued the next morning. It is called 'Nakathengba.' Holi celebration is at the Govindaji Temple at the Royal Palace in Imphal. Holi Pala (singers) from different regions throng at the Govindaji Mandop and sing the Holi songs.



Main highlight of the festival is the Thabal Chongba dance. Thabal Chongba is a Manipuri folk dance where children form a circle and hold hands and sing and dance. Thabal Chongba, the community dance is organized at every locality in the evening till midnight where the boys from other localities dance with the local girls during the festival.

Sports festivals are

organized in every locality now a days to divert the odds of the festival. Yaoshang is one of the biggest festivals which bring love and harmony amongst the human beings. This festival has a lot of similarities with the popular Hindu festival of Holi, and thus, the way of celebration is also quite similar.

Colours are one of the significant aspects of this beautiful festival; locals apply colors on the faces each other and children can be seen splashing water to the people with water guns (pichkari).

Observed for the continuous five days, the festival of Yaoshang is celebrated with full exuberant and is counted amongst the top festivals of Manipur. Donations are collected from house to house and the money collected is spent on parties and merry making.



Dr. Anup Sadhu, MD
Consultant Radiologist

Festivals

AT MAYAPUR

Devotees from all over the world assemble at Mayapur, the headquarters of IS-KON, to celebrate birth anniversary of Chaitanya Mahaprabhu. Gaur Purnima, the biggest festival in the Gaudiya Vaishnav Sampradaya, is celebrated with fervour and gaiety in the Nabadwip Mandala. The excitement among the devotees is palpable as they are preparing for the big day, purchasing traditional colourful dhoti-kurta and ghagra- choli to participate in the celebration. The celebrations will start from the wee hours, with Manglarti at 4.30 am followed by class and Darshan Arti in the morning. In the evening from 4 pm onwards, Chaitanya Charitamrita - the biography of Mahaprabhu will be read. The Gaur Purnima festival is being celebrated in all 800 centres of the institution around the globe.



Acknowledgement
Dr Kallol Tripathi
Kolkata
Dr Sandip Kaulra
New Delhi
Mr R Pal Agartala
Dr Gopal Sarkar
Nabadwip
(Special thanks to
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association of Dum-
Dum)



Dr. Anup Sadhu, MD
Consultant Radiologist

Festivals



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Dr. Anup Sadhu, MD
Consultant Radiologist

Festivals



AT JAIPUR

Holi in Jaipur and most parts of India is a two-day festival marking the onset of the season of spring. Holi is widely recognized as the Dhulandi festival in Jaipur and neighbouring areas of Rajasthan, and is celebrated on the second day, following Holika Dahan. Holika Dahan or the traditional bonfire is observed post-sunset on the first day of Holi, and is known by several names, the most popular among them being Chhoti Holi and Holika Deepak. As per Hindu scriptures, Holika Dahan commences on the evening of Purnima (Pradosh Kaal), after Bhadra, in the month of Phalguna. As the festival of color and gaiety, Holi or Dhulandi brings along a much-needed fervour amongst the population, as young or old alike gather around to celebrate it.

The legend associated with Dhulandi is as fascinating as the festival itself. It states the popular story of Prahalada, the famed devotee of Hindu God, Vishnu. Hiranyakashyap (also known as Hiranyakashyapu), king of demons had obtained a boon that bestowed on him five special powers, which made him nearly invincible. His special powers included –

1. No human being or animal could ever kill him
2. He could be killed neither indoors nor outdoors
3. He could be killed neither at night nor during the day
4. No Astra (projectile weapon) or Shashtra (handheld weapon) could ever kill him
5. He could be killed neither on land nor in the sky

The boon not only made him powerful but also arrogant, and Hiranyakashyap went on oppressing the poor and the weak. He even forced his subjects to worship him as their new god. However, his own son Prahalada had devoted himself to Lord Vishnu, and continued praying to him alone. Angered by this, Hiranyakashyap subjected him to various punishments, none of which could break his resolve. Eventually, the king sought help of his demonic sister, Holika, who having received a boon from Lord Brahma; another Hindu God, had been rendered immune to fire. To put an end to Prahalada's devotion, Holika sat amidst a roaring pyre, carrying Prahalada in her lap. However, Prahalada was graced with life for his undying devotion towards Vishnu, while Holika burned in the pyre to everyone's surprise. Vishnu, the protector of humankind, to restore balance on Earth, then incarnated in the form of Narasimha (half man, half lion), and eviscerated Hiranyakashyap with his lion paws (neither Astra nor Shashtra) while placing him on his lap (neither land nor sky) towards dusk (neither day nor night), killing him. The defeat of the tyrant Hiranyakashyap restored people's faith in Lord Vishnu, and they rejoiced throwing colors in the air. This legend can be traced back to Chapter 7 of Shrimad Bhagavata Gita, ancient Indian scripture, and revered text to Vaishnavism.

Acknowledgement
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Dr Sandip Kaulra
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Mr R Pal Agartala
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Dr. Anup Sadhu, MD
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Festivals

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association of Dum-
Dum)

RITUALS

The commemoration of Dhulandi in Jaipur witnesses amazing enthusiasm and grandeur. The locals gather around on Dhulandi smearing bright colors on each other with utmost gusto, painting the Pink City in multiple happy colors as if it were a canvas. As dusk descends, people visit each other's homes, sharing greetings and joy while indulging in delicacies, thandai (sometimes with Bhang) and light conversations. The Department of Tourism too gets in on the festivities, making special arrangements on the occasion of the Dhulandi festival in Jaipur.

THE FESTIVAL'S SIGNIFICANCE

The Dhulandi festival in Jaipur essentially marks the victory of Prahalada over Hiranyakashyap, of good over evil. The end of the mighty demon king had put to rest the fear he had instilled among his subjects, and they were once again free to keep faith in their gods. When burning the traditional bonfire, city folks pray for all their evils to be expended in the fire (just like Holika) leaving behind what is good and pure. Besides the religious value, the festival also lends people a chance to forget their differences and start on a fresh note by embracing each other. Overall, Dhulandi or Holi in Jaipur is a memorable experience for anyone who visits the city during this time.

BARSANA LATHMAR HOLI

Barsana is celebrated 4-5 days prior to the Holi festivities of other states. However, it is interesting to note how this festival is celebrated in a rather peculiar way in Nandgaon and Barsana towns in Mathura-district of Uttar Pradesh. The towns are located some 42 kms from Mathura and are extremely popular for the celebrations during Holi.

The natives are known for their interesting way of playing Holi with not only colours but also sticks. Lathmar Holi is a Hindi word that literally translates - 'Lath' means stick, 'mar' means beat and together they mean playing Holi with stick and colours. Thandai (a sweet drink) and Holi go hand in hand. According to legend, it is believed that Lord Krishna from Nandgaon visited Radha's (his beloved) town in Barsana during Holi. Lord Krishna who was known to be friendly with all the 'Gopis', applied colour on Radha's face in jest. The friends and the elder females of the town, in turn, took offence and drove him out of Barsana, with bamboo sticks.

Lathmar Holi thus keeps in tune with this tale and is a recreation of this episode from Lord Krishna's Life. Every year, men from Nandgaon visit the town of Barsana and the women there, drive them out, playing with sticks (i.e., lathi) and colours.

The Lathmar Holi lasts for a week where people indulge themselves in colours, songs, dances and of course the lathis!

The men who come from Nandgaon irk the women by singing annoying songs and provoking them. The women play the part of the Gopis and hurl sticks at the men in tunes of fun and frolic. The unlucky men who get into the hands of the women of Barsana are made to wear female dresses and dance in public. The men come fully guarded wearing protective gears to prevent getting hurt and bruised.

The spray of colours adds to the excitement, and the folks remember Lord Krishna and his beloved Radha by chanting 'Shri Krishna' and 'Shri Radhey' The next day the females of Barsana visit Nandgaon and the festivities continue. There is also consumption of a traditional drink named 'Thandai' which made of milk and some herbs.



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Festivals



ASSAM

Locally called Doul Jatra, associated with Satras of Barpeta, Holi is celebrated over two days. On the first day, the burning of clay huts is seen in Barpeta and lower Assam which signifies the legends of Holika. On the second day of it, Holi is celebrated with colour powders.

The top 6 places to celebrate Holi outside India

1. Spanish Fork, USA. The Spanish Fork Holi gathering is the largest in the world (including India).
2. Melbourne, Australia. Though March is not spring in Australia, Holi has become a big celebration here.
3. London, UK.
4. Port Louis, Mauritius.
5. Berlin, Germany.
6. Cape Town, South Africa.

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Festivals

It originated in India several centuries before Christ, Holi has now become a global festival, celebrated by thousands all around the world every year. This is because despite Holi being a Hindu festival, all cultures and religions are allowed to participate as it represents a single and global value called "life".

1. The Orange Battle in Italy

Celebrated in the Northern Italian city of Ivrea, the Battle of the Oranges is a festival like our very own Holi. Instead of colors, people throw oranges on each other. It is also the largest food fight in Italy. Food, it seems, makes for the perfect thing when it comes to slinging matches. Yet another food-throwing festival is celebrated in the picturesque Italian lake-town of Ivrea. This time it is oranges.

2. Mud Festival in Boryeong, South Korea

Holi in India, at times gets muddy, but in the Boryeong, a town around 200 km south of Seoul, South Korea, it is all about mud, when they celebrate Mud Festival. It is an annual festival which takes place during the summer. The started in 1998 and, by 2007, there were 2.2 million visitors to Boryeong to participate in Mud Festival. If you want to see mudslinging in its most tactile form, go to South Korea in July. Having gained a lot of popularity in the recent past, this mud festival, held in the beach town of Boryeong, is attended by Koreans and tourists alike.

3. 'The Tomato Battle' or 'La Tomatina' in Bunol, Spain

La Tomatina is a Spanish festival celebrated in the Valencian town of Buñol. Held on the last Wednesday of August, people throw tomatoes get into the tomato fight just for fun. La Tomatina tomato fight in Buñol near Valencia happens every year on the last Wednesday in August though the partying starts earlier in the week.

4. Chinchilla Watermelon Festival in Australia

Chinchilla is a town in the Darling Downs region of Queensland, Australia which is also known as the 'Melon Capital of Australia.' There is a Melon Festival every second year in February, where events like Melon Bulls eye, Melon Skiing, Melon Chariot, Melon Bungee, Melon Ironman, a pip spitting competition, and melon eating races take place. But the most exciting is Melon Head Smashing – cracking open as many watermelons as possible using only the head. – the next Watermelon Festival is to be held in 2015

5. Songkran festival in Thailand

The traditional New Year in Thailand is celebrated from 13 to 15 April every year and this celebration is known as Songkran festival. Closest to our Holi in its concept- Songkran festival is all about throwing water on each other. Thai New Year, called Songkran, is on April 13 each year and it is celebrated in a way we are very familiar with-by throwing water at people. Children, especially, love this 3-day festival during which they carry around water-guns (much like our pichkaris) squirting all and sundry. Many also use buckets filled with ice-cold water to douse unsuspecting people-especially the police.

6. Clean Monday Flour War Carnival, Greece

There is nothing clean about The Clean Monday festival that is held in Galaxidi in Greece. Usually celebrated in early March, this marks the beginning of the 40-day Lent period. On this day, revellers paint their faces and pelt fistfuls of coloured flour at each other. Sacks and sacks of flour (some 1,500 kgs of it) are used; by the end of the day everyone looks they have been through some gigantic flour mill. Precautions are advised and taken, as you can imagine-goggles, masks and even hoods are worn to avoid getting the powder in the mouth, nose, and eyes.

7 Oktoberfest, Germany.

The Oktoberfest is a sixteen-day festival held each year in Munich, Bavaria, Germany during late September (and running to early October). It is one of the most famous events in the city and the world's largest fair, with some six million people attending every year, and is an enjoyable event with an important part of Bavarian culture.

8 Strawberry festival at Mahabaleswar

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Next issue in May, 2022

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

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So long. Viral Parekh

Reflections

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