

Reflections

Reflections - An e-magazine showcasing the artistic talents of Medics

August 2022

Volume III Issue 8

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Photography - Dr. Viral Parekh



Wish you all a very happy independence day.

Reflections

Reflections - An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Viral Parekh

August 2022

Volume III Issue 8

Hi!, Namaste,

I am very happy to present here yet another, in fact the 29th. issue of Reflections.

Reflections was started as a hobby to keep myself busy during lockdown. From being a hobby it has become a passion now. In fact Reflections survives on the hobbies of fellow doctor friends.

Every human must have some hobby. In today's fast and competitive world, we often get very little time for ourselves. Over time, our schedule gets very dull and monotonous. That is why we need to indulge in something in between to keep our minds fresh and active. What's better than a hobby for this? One of the main benefits of having a hobby is that it is a major stress-buster. You actually enjoy doing it and it satisfies your soul.

Different person have different hobbies, someone likes singing, someone likes singing as well as playing instruments. Someone likes to read, someone to paint, someone to nurture plants. Someone likes to keep fit by going to gym or by going to long walks. Someone collects stamps, someone collects coins and someone collects pens. I myself have collected more than 2000 pens of different genres.

To me, a day passed without playing music, golf or tennis is a day wasted. My hobby makes me happy and also brings joy to all my relatives and friends. It educates man, gives him/her pleasure, and helps him/her to utilize his free time fruitfully. If a person has no hobby, his/her spare time will turn him into a useless, irritated and restless person. "An idle mind is a devil's workshop". Someone has also said that "All work and no play makes Jack a dull boy." It is, therefore, essential to remain busy even during leisure hours. Hobbies always come to one's help. As Nixon waterman has said that "It is in our leisure hours that we are permitted to follow our "hobbies," and it is in them that our truer selves find expression. Many of the greatest men in the world's history achieved their fame outside of their regular occupations in the spare moments of time which most people think are of no serious use."

This issue would not have been possible without the help of Dr. Sanjeev Kumar Handique, Dr. Praveen Bhatia, Dr. Saurabh Sharad Deshmukh, Dr. Pranay Phukan, Dr. Kanchan Pathak, Dr. Shalini Agarwal, Dr. Sushama Marulkar, and Dr. Monomita Gupta. I am obliged and sincerely thank all of them.

A very happy 75th. Independence day to everyone.

Art—Paintings



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. He is a self taught painter. Here are some of his wonders. I am sure you will love it.

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



“Kshatriya dancer” - 15x11” watercolour on 300 gsm paper. Thanks to Akhyai Jyoti Mahanta for the pic by Angsuman Saikia of Satriya dancer Bakyashree Mahanta.

Art - Paintings



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



“Kamalabari Bhakats” “ 15x11” watercolour on arches 300 gsm rough. From a pic by Conny @nelli.cie. Many thanks for your kind permission to use the lovely pic.

Art - Paintings



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

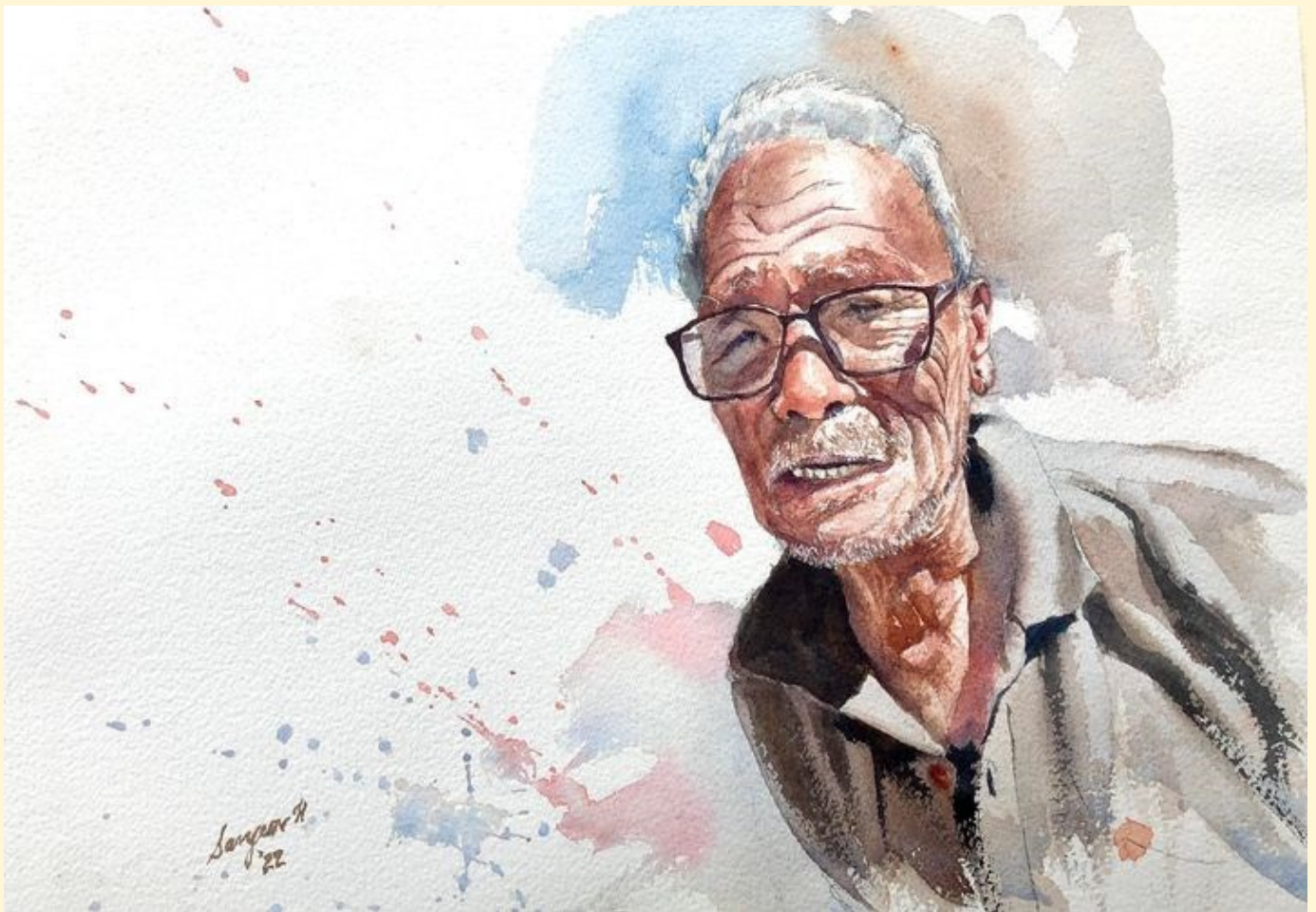


Khonoma Lady. 15x11" watercolour in Arches 300 gsm paper. Pic courtesy Naushad Hussain.

Art - Paintings



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



“What cooks?” . A Young Naga man! Pic courtesy Naushad Hussain. 15x11 watercolour on Arches 300 gsm paper.

Art - Paintings



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

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 watercolourist.

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 them.



Art - Paintings



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



Literature - Poems



A gynaecologist by profession working as an Associate professor in Assam Medical College Dr Pranay Phukan is publishing poetry for last 3 decades. He is one of the popular poets of Assamese language for his unique style of talk poetry. He has 12 volumes of poetry, novel, essays to his credit till date.

Dr. Pranay Phukan MD
(Obs & Gynae)
Associate Professor
Dept of Obst & Gynae
Assam Medical College, Dibrugarh

You are a forbidden novel

I jumped into a deep pond
For love of a lotus....
I knew not how to swim...
I was a child

Playing with that same sprawling
innocent
Pleasures of childhood
Suddenly I discovered you
On my eve of youth

My boundless love
Your speechless acceptance,
My sea deep desire
Your silent surrender,
My quench for love
Your overwhelming presence,
My sense of sin... boon
Pang of separation....
Your physical presence,
Your eternal existence
Are my sources of inspiration.

This way only
You will be
Forever in my memory
As a forbidden novel.

Literature - Poems



Dr. Pranay Phukan MD
(Obs & Gynae)
Associate Professor
Dept of Obst & Gynae
Assam Medical College,
Dibrugarh

যোগ্যতা

অপ্রাপ্তিৰ যন্ত্ৰণাই যদি
তোমাক কৰা নাই নিবিড় আঘাত,
জীৱনত যদি বাসনাৰ
কোনো ৰঙ লগা নাই,

কাৰোবাৰ চকুৰ লোতকৰে যদি
সিঙ হোৱা নাই
তোমাৰ উদাসী বুকু,

সেমেকা বিষাদে যদি
আৰ্দ্ৰ কৰি তোলা নাই
স্বপ্নিল যৌৱন,

কোনো হৃদয়ৰ স'তে যদি
কেতিয়াও কটোৱা নাই
ব্যক্তিগত বসন্তৰ ছুটী,

বোধহয়
তোমাৰ ভালপোৱাৰ
কোনো যোগ্যতা নাই।

২৪৪ | নিৰ্বাচিত কবিতা



Dr. Pranay Phukan
MD (Obs & Gynae)
Associate Professor
Dept of Obst &
Gynae
Assam Medical
College, Dibrugarh

Competence

If the pain of being deprived
Has not caused you intimate injury,
If in your life, intense desire,
Has not added any colour.

If someone's tears
Have not moistened
your indifferent heart,
If wet sorrow has not
damped your colourful youth,
If you have never spent
a personal spring holiday
with a favourite heart,
Perhaps you are not competent
to fall in love.

Literature - Poems



**Dr. Shalini
Agarwal
MBBS, MD,
Pt. B D Sharma,
Post Graduate In-
stitute of Medical
Sciences
Rohtak.**

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 musculoskeletal radiology also.

Her hobbies are Reading, writing, and cooking. Here are few of her poems. I am sure you will like them.

Disharmony

आदमी तेरी बात ही कुछ और है।
कभी कोई खुश और कभी तू दुखी है।

कितना गुस्सा कितनी नाराज़गी है
सारी कायनात एक शिकायत है
मेरी तुमसे यही इलतज़ा है
समक्ष जाओ कि एक कवायद है।

मार भी देंगे, मर भी जाएंगे
तेरे लिए मिट भी जाएंगे
बस अपनी रज़ा बतादे
क्या दिखावा; क्या सच है।

Literature - Poems



**Dr. Shalini
Agarwal
MBBS, MD,
Pt. B D Sharma, Post Grad-
uate Institute
of Medical
Sciences
Rohtak.**

The Average Citizen

A guileless trusting soul
Completely unaware, does as he is told.

Enmeshed in the web of life
Unable to comprehend politics of lies
Marches as a pawn in the vanguard of game,
Intent only upon making a name.

For he is told, he is lost
Has to be obedient at all costs.
Martyred, with the first strike
Trampled at the first rise.
Uncomplaining, vanishing quietly
into obscurity; his only right.
Labouring for food, clothing, and shelter
Day in, day out, today, and hereafter.

An unattainable goal
Running after in shoals.
While mighty Kings and Queens
hide behind and take away the sheen.
Sacrificing him to vagaries of his plight
Sliced by the plot as a knife.

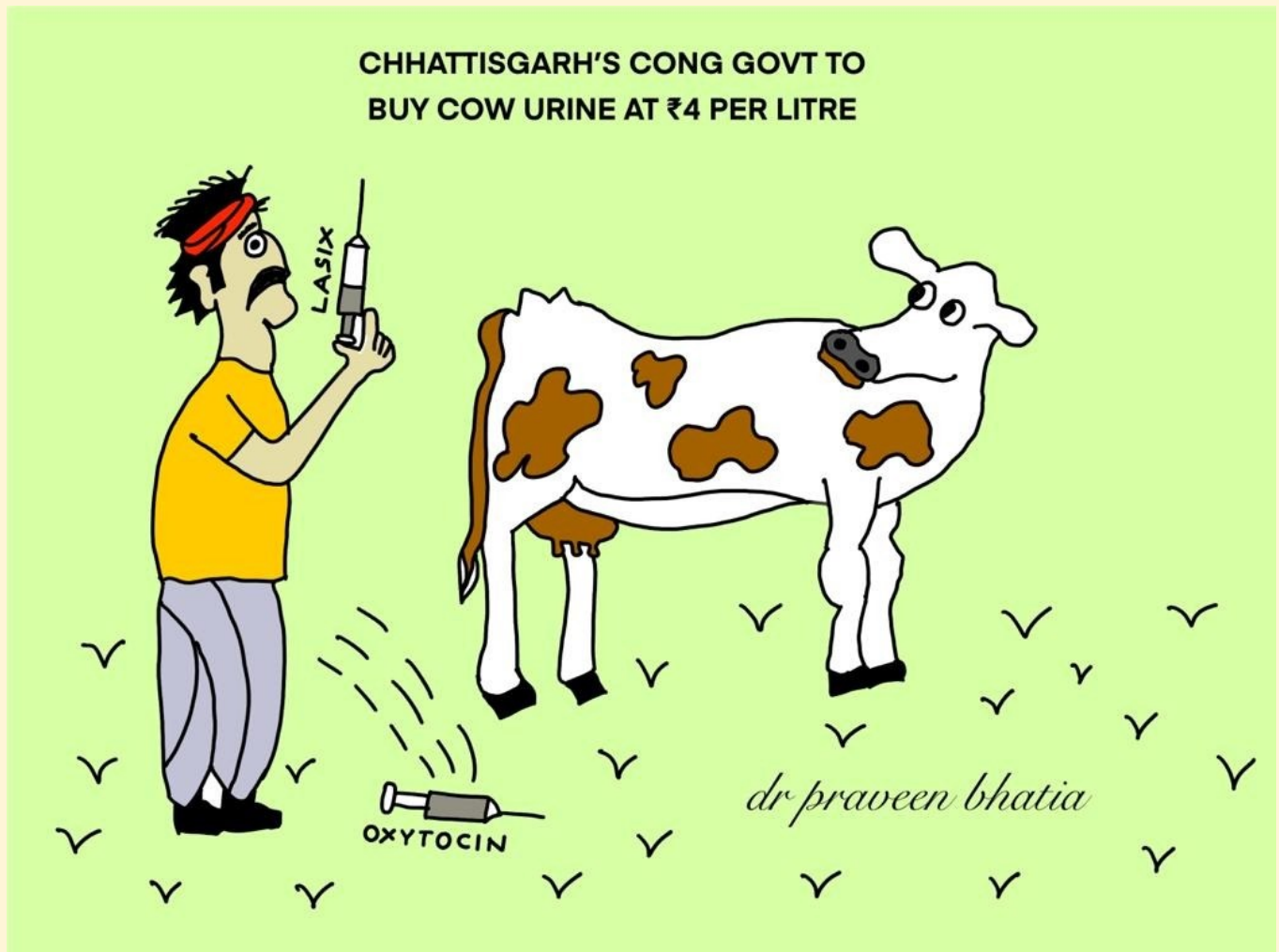
The average citizen lives away another day, another life.

Humour - Cartoons



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

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.



Travelogue



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

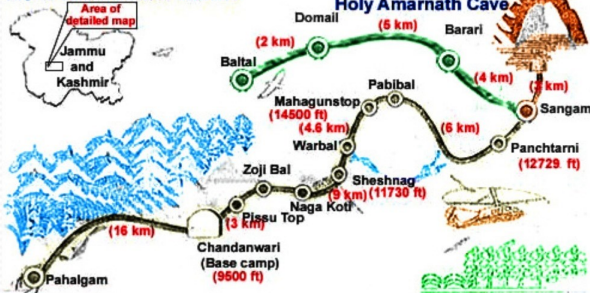
Dr. Kanchan Pathak is an Otorhinolaryngologist by profession and ex-student of R. G. Kar Medical College, Kolkata. He is also one of my classmates and one of my oldest and close friends from the class. He is a self taught painter and painting is his passion. This time he is presenting a memoir of Amarnath Yatra which he had visited as a Medical Officer in charge of a tourist company and managed about 40 tourists, way back in 1986.

Day 1: 17/07/1986

Pahalgam – Amarnath Route

Pilgrimage Tour » Amarnath »

HOLY AMARNATH YATRA



We started from Pahelgaon early in the morning for Tushar Tirtha (snowy pilgrimage). The porters took our luggage after weighing them by a spring balance, few essentials were kept with in our hand bags.

I was the doctor in charge of the Tourist Team so before the journey I made a round and gave some pain killer injections to some of my team mates. I had worn a sweater, a winter jacket, Rain coat and there was a stick in my hand. The road we were following was near the River Lidder. The road runs along the river, still we tried to take some short cuts. Occasionally it rained and the Rain coat was of im-

mense help.

The road up to Chandanwari was fairly good, we were six moving together (me, my cousin Bacchu, Kashinath da, Mr Bhattacharya and Mr Mrinal Das and Mr Nirmal. Last two were teachers, so we called them as Master. Most of the passengers hired horses and few were apprehensive and preferred walking. As we were approaching further we found Mrs Shila Roy Chaudhary of our group has fallen sick. She was taken off from the horse and after the first aid management, was sent to Chandanwari by a passing Military Jeep. Finally we crossed the bridge and entered in Chandanwari 16km from Pahelgaon a small and scenic Hamlet., situated 2740 meter above the sea level blessed with ethereal natural beauty. Chandanwari has a snow sledging and a snow bridge surrounded by snow peaks and the Lidder river is passing by. Tents were placed on the both side of the road.

We found our allotted tent no 4, later moved to a wooden house. Our luggage had reached much before us. Few of us came out to roam around the glacier. Here we met our classmate Dr Saumen Sarkar who was in-charge of another tourist company.

Whole glacier is smeared with dust and mud. There were steps to climb (made by cutting the ice) or you can climb up by slopes. Suddenly, my foot slipped and I fell down on the ice.

Me ,Bacchu, and Saumen came down and sat beside the river and enjoyed the last light of the setting sun. At night dinner was served in front of the tents and Bacchu made our beds.

Travelogue



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Pahelgaon

Chandanwari



Travelogue



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West Bengal, India.

Day 2: 18/07/1986, Friday

CHANDANWARI To SESHNAG (11730ft)

Length 12km.



Early in the morning we refreshed ourselves by the side of the fountains.

There were some temporary bathrooms as well (last time in this Yatra)

Mrs Shila Roy Chaudhary was not doing well in High altitude and send back to our Hotel at Pahelgaon, so no Amarnath Darshan for her.

We marched forward towards Pishu Top (11,500ft) 3km away. It is a very steep journey. I was walking and a porter was carrying all of my luggage. His name was Golam Hussain and he was a very funny person.

He had got an extraordinary skills to perform mimicry. Later he had mimicked all of us and we were rolling over in laughter.

I found a military camp here where we all entered our names. There was no scope for changing clothes and I took off my shoes and slept. Before falling asleep I heard Bacchu and Kashi da were busy with accounts and it made me sleepy.

Travelogue



Dr. Kanchan Pathak

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Day 3: 19/07/1986, Saturday

SESHNAG To PANCHATARANI (11,500ft) Via MAHAGUNA PASS (14800ft) Length 14km

I woke up early and felt a little fever. Mr Shankar was searching a horse for his sister he arranged a horse for marrow edema also. The horse will cross the MAHAGUNA PASS and will take me to PANCHATARANI (besides Bhairav mountain) We started at eight thirty in the morning. My horse was a young horse and the horseman was an old man. Young boys and girls sometimes accompany their father and uncles. I learnt two jargons ,OSH or POSH meaning 'be careful '.

Second one is 'Tree Tree' meaning 'go ahead'. These are often told by the horseman to his respective horses. I was not at all feeling comfortable on a horse now have seen few fall down in a sequence in front of me. First Sankarda fell down next his Sister and then Miradi. Miradi not only fell down but also started slipping away over the hard ice. We moved on uphill and every thing here was snow cladded.

Now we reached at the highest point of the whole journey. A display board was seen **BELIEVE IT OR NOT, YOU ARE TWO MILES ABOVE THE SEA LEVEL, MAHAGUNAS 14800FTS.**

Some of us came down from the horse for photoshoots, I was not able to take any photographs as my camera was out of order, what bad luck. I moved forward and found some familiar faces from other groups . They are waving hands to me and saying hi doc ? How are you?

I came down for a cup of tea along with the horse man, oxygen level was a low and few passengers were asking for tablets for headache.

The horse man finished his tea and we started again. Now we are descending by the side of the snow cladding hills. Two of us started sledging down the slope of the hills. They came down to Rabibal, I also reached Rabibal by horse.

Nothing is here, except few scattered temporary tea stalls, snow was all around us and .footprints used to show us the directions to follow. Next I reached POSHPATRI . PANCHATARANI was another two miles from here. The horse moved and we crossed the river, one of our manager Mr Ashok was moving as fast as the horse, he pointed me our tent. It was 2 O'clock. Twenty of us had already reached and rest were on the way. I wandered around hesitantly.

At about 4 o'clock final tent allotments were done. Slowly others passengers were arriving. Bacchu came late with a high heart rate but Mr Bhattacharya was really sick. My porter Golam Hussain came to me with some of his friends, looking for some medicines. I can't disheartened him and gave all the medicines they wanted, I had a good stock. Mr Goswami came to my mini tent hospital for his back ache as I offered him some injections ,he ran away. Not only that he slept very soon thereafter.

Dinner was served within the tents. After dinner we came out of the tents , days lasts for much longer here and finally after the sunset the bright full moon came out from the eastern sky. What a scene! Silver colour Rivers white Peebles and a full moon.

What more you can ask for? Cold was bearable and was not that bitter as SESHNAG. I wished to stay here for rest of my life. Went to sleep fully dressed with a monkey cap.

Travelogue



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The Mahagunas and Panchtarini



Travelogue



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The Mahagunas and Panchtarini



Travelogue



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West Bengal, India.

Day 4 : 20/07/1986, Sunday

Today is our Darshan day ,the day for which we all are waiting for. Woke up to hear the call for bed tea. Today from here we will go to the Amarnath Shrine and will come back here for lunch and will go to SESHNAG for night rest. So it s a long journey $6+6+14= 36\text{km}$.

Every one is surcharged with extra energy and mental strength, faces were shinning. We started keeping the river towards the left. Walking alone silently, I felt a Divine power, I did not know much about spiritualism but I definitely felt something very special in my mind. Seen number of Sadhus around and they were chanting mantras. Road was extremely narrow and a whenever a horse passed by, we had to lean sideways t make way. Finally, the sacred Cave appeared in front of us after a turn. Every one started shouting Jai Amarnath, Jai Amarnath. The beauty surpassed any other earthly beauty. Sometimes the cave disappeared with the turn and sometimes it reappeared. Puja materials , mainly coconuts were available in the stalls. The horse riders dismounted and entered the cave. Now it's time to climb the stairs to enter into the cave, railing are laid by the side of the staircase. Items of Puja and photos of Shrine were being sold in abundance.

People were lining up for darshan and we entered into the insides the cave. Finally we removed the shoes and took Wooden Kharam. The alter is right in front of us and over that an ice shrine was there of about 14feet of height . I stood just in front of the shrine, felt little bit emotional. I cried a lot and still today I found no valid explanation for my emotional outburst right in front of the shrine. The height of the cave is about 120ft and there were many bats in the cave. We stayed about half an hour there and came out. had forgotten to offer any dakhshina to the priest who offered my coconut. The stairs going down were on the other side. After getting down found a langar ran by Sikhs, they also visit Amarnath Shrine. Hot sweets came instantly as we stood in front of the langar. I sat on a side and started relishing the sweets. Every one came down one by one . ' 'You want more sir'? a man asked, as I nodded my head. He said "namaste fir milenge" I reciprocated "fir milenge". Now I found famous traveller Shankhu Maharaj is sitting nearby some one pointed me. Now our own Mr Ashok, the manager offered Rasogolla (Tin packed by KC Das) ,I could not refuse that too. One strange thing I had noticed that no one was begging and no one was accepting any money or foods except blanket. Every one is happy and exchanging goodies with everyone. One the occasion of auspicious Srabani Purnima the main Charidar from Himachal Jwalamukhi temple will come over here after the of worship of Lord SESHNAG.

It is considered as Sayamvhu Shiba Linga as it wanes automatically. We have seen a shine of about 14feet but on the Srabani Purnima the size will be much less. The priest put a red thread on my right hand and Tilak on my forehead .We also had some photo sessions with the Banner of Tour Corporation of India. It was half past nine on watch ,started walking by the side of river Amar ganga. Some over enthusiastic went down to the river. Here we got piles of snow again.

Returned to our tent at Panchtarani and arranged our bags. Khichuri was cooked and now it's time to return. Reached SESHNAG after crossing the MAHAGUNAS, it was almost evening. I had cramps all over the body and slept too early in the same tent where we stayed before.

Travelogue



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



Amarnath Cave

Day 5: 21/07/1986, Monday

SESHNAG To PAHELGAON : Length , 28km

Returning was much easier as most of the time we moved downhill. We started early morning and reached Chandanwari at 1.10pm took some lunch and reached Pahelgaon by 7O'clock in the evening at Hotel Green land.

In the Pahelgaon hotel I found Mrs Shila Roy Chaudhary in a perfect health, taken utmost care by the hotel authorities. It was a good decision to send her back. Miradi who had fallen from the horse near Mahagunas had broken her left hand, I

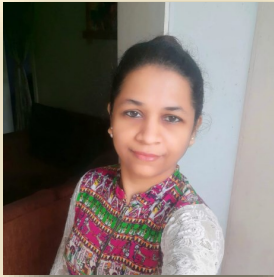
diagnosed it after doing fluoroscopy. Every one of our team had some injuries more or less, mostly cuts and blisters in back and limbs.



My camera had gone out of order due to extreme cold, restarted after coming down to Pahelgaon and worked nicely ever after.

14 feet
high
Amarnath

Photography



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

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

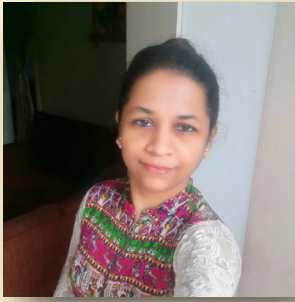
During school days, she passed elementary, intermediate drawing exams with good grades, had dream to pursue a career in photography or fashion designing. During MBBS days, she had won art related and rangoli competitions.

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



Sushama

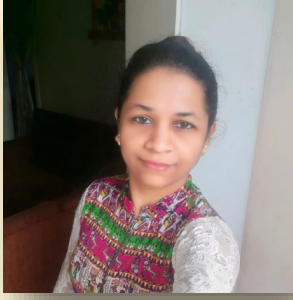
Photography



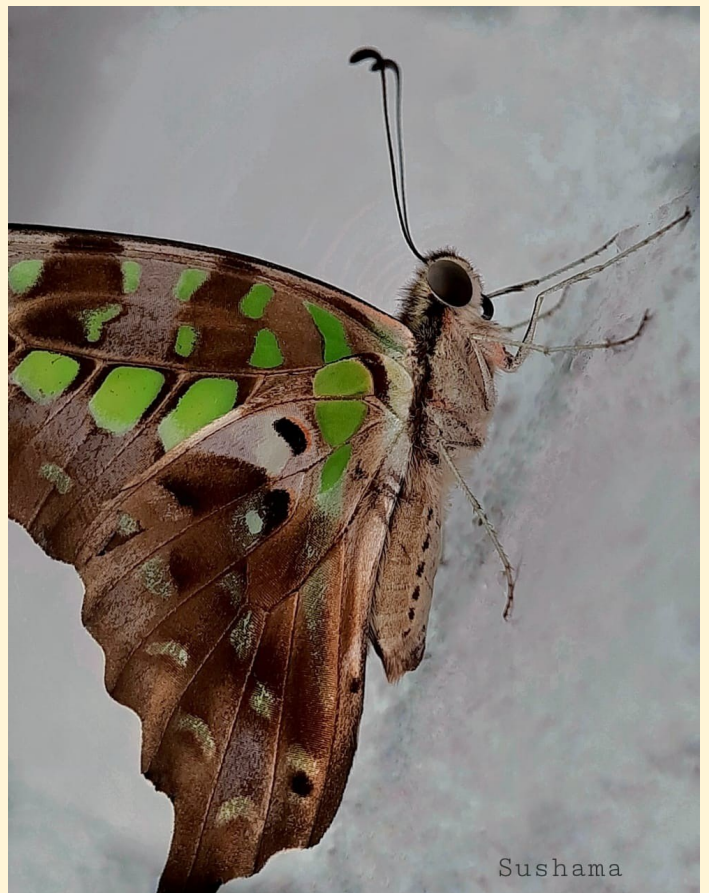
Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,
Satara. Maharashtra.



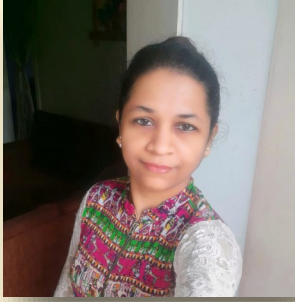
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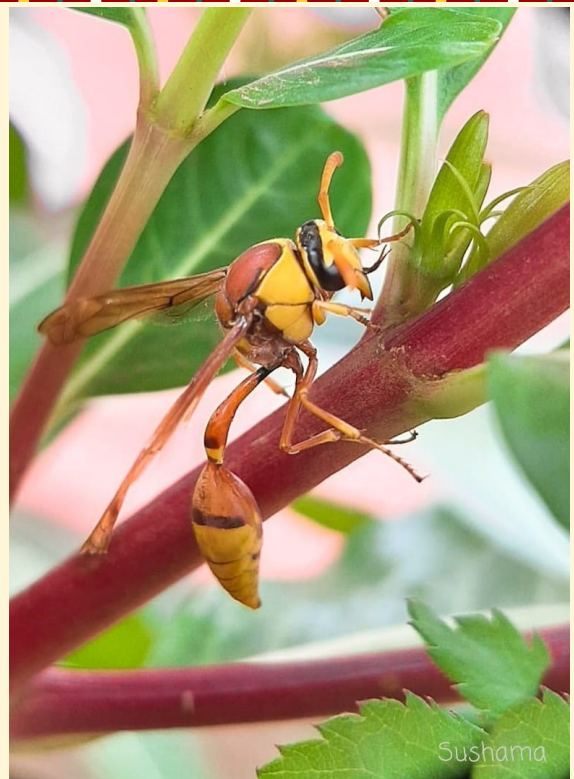
Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,
Satara. Maharashtra.



Photography



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



Photography



Dr. Monomita Gupta
Medical Advisor
L&T Knowledge City
Vadodara,
Gujarat

Dr. Monomita Gupta is a Medical Advisor in Larsen & Toubro and also ex-student of R. G. Kar Medical College, Kolkata. Se is also one of my classmates. Last month she had visited Kenya and here are some of the wild life photographs taken at various locations. I am sure you will all admire them.



**Taita Hills Sanctuary,
Tsavo
Kenya**



Photography



Dr. Monomita Gupta
Medical Advisor
L&T Knowledge City
Vadodara,
Gujarat



Taita Hills
Sanctuary

Photography



Dr. Monomita Gupta
Medical Advisor
L&T Knowledge City
Vadodara,
Gujarat



Lake Naivasha
a freshwater lake in
Nakuru County,
Kenya



Photography



Dr. Monomita Gupta
Medical Advisor
L&T Knowledge City
Vadodara,
Gujarat



Lake Naivasha
a freshwater lake in
Nakuru County,
Kenya



Photography



Dr. Monomita Gupta
Medical Advisor
L&T Knowledge City
Vadodara,
Gujarat



**Maasai Mara, a
large national game
reserve in Narok,
Kenya.**



Photography



Dr. Monomita Gupta
Medical Advisor
L&T Knowledge City
Vadodara,
Gujarat



**Maasai Mara, a
large national game
reserve in Narok,
Kenya.**



Photography



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Maasai
Mara,
Kenya.



Photography : Dr. Viral Parekh

Next issue in September 2022

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

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