

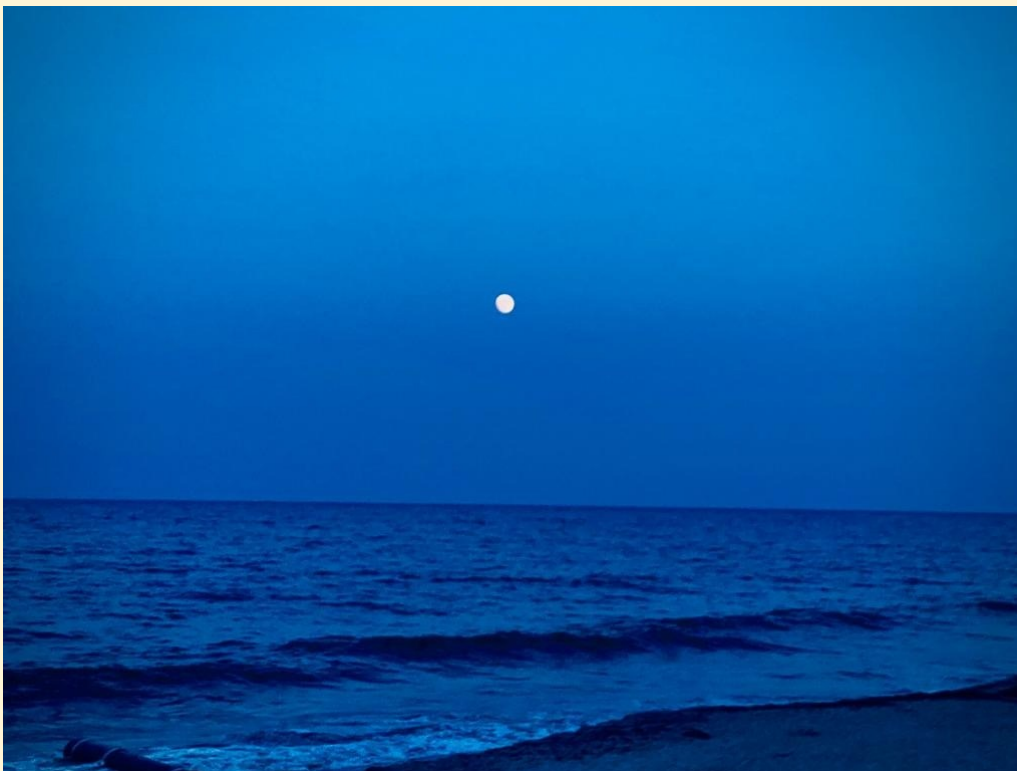
Reflections

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

Photography - Dr. Patrick Basu

September 2022

Volume III Issue 9



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"Our language is the reflection of ourselves." - Cesar Chavez.

Reflections

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Radiologist's Musings - Viral Parekh

September 2022

Volume III Issue 9

Hi!, Namaste,

I am very happy to present here yet another, in fact the 30th. issue of Reflections.

As present we are celebrating Ganesh Utsav which has started today{31st. Of August } on Ganesh Chaturthi and will be celebrated till the immersion takes place on 8th. Of September, 2022. It will be soon followed by Vishwakarma Puja, Navratri, Durga Puja, and so on. For next 3 months we will have a series of festivals. These festivals do not signify only religious aspect; in fact, festivals are needed for various other reasons also. Say for example Durga Puja in our West Bengal; is not only a religious function but it is also a big booster for Economy. During Durga Puja, various artisans who make idols or Pandals or electricians who do the lighting of the whole Pandal, or cooks who cook the Prasad { Bhog}, they all get livelihood. It does not end there; people from various strata be it a businessman, a caterer, a musician, a decorator and various other workers earn some extra income because of Puja. A friend of mine who is a cloth and garment dealer had once said that During Puja we earn a year round's income. So be it any festival or even marriage functions for that matter are big economy boosters and lead to distribution of money to every strata of the society. Not only these festivals have religious or economic significance, they are also big reasons for family get together or social gatherings. People from all over the world travel back to their original home to celebrate Puja, Diwali, Eid, Christmas or various other festivals. These get togethers are absolutely necessary to get away from mundane and monotonous daily routine life. Many relatives who stay abroad, get acquainted to next generation of their brother or sister during such journeys back home. Festivals teach us to share joy with each other. Festivals are good for communal unity and harmony. The richness and depth of celebrations express a culture accurately. Festivals are a great time to let go of yourself. So during Ganeshotsav, Durga Puja, Navratri or Christmas, getting lost amidst a huge crowd helps you feel united with all of humanity. So, wish all of you a very happy celebrations, get together and reunions.

This issue would not have been possible without the help of Dr. Patrick Basu, Dr. Disha Bongale, Dr. Debjani Gupta, Dr. Praveen Bhatia, Dr. Yogendra Mhasilkar, Dr. Anshika Gulati, Dr. Sandhya Bhadane Patil, Dr. Madhuri Salwe, Dr. Sushanta Bhadra, Dr. Shalini Agarwal. I am obliged and sincerely thank all of them.

"People who have had little self-reflection live life in a huge reality blind-spot."- Bryant McGill.

Reflections

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Wish you all a very happy Ganesh Chaturthi - Painting by Dr. Disha Bongale

Humour - Cartoons



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

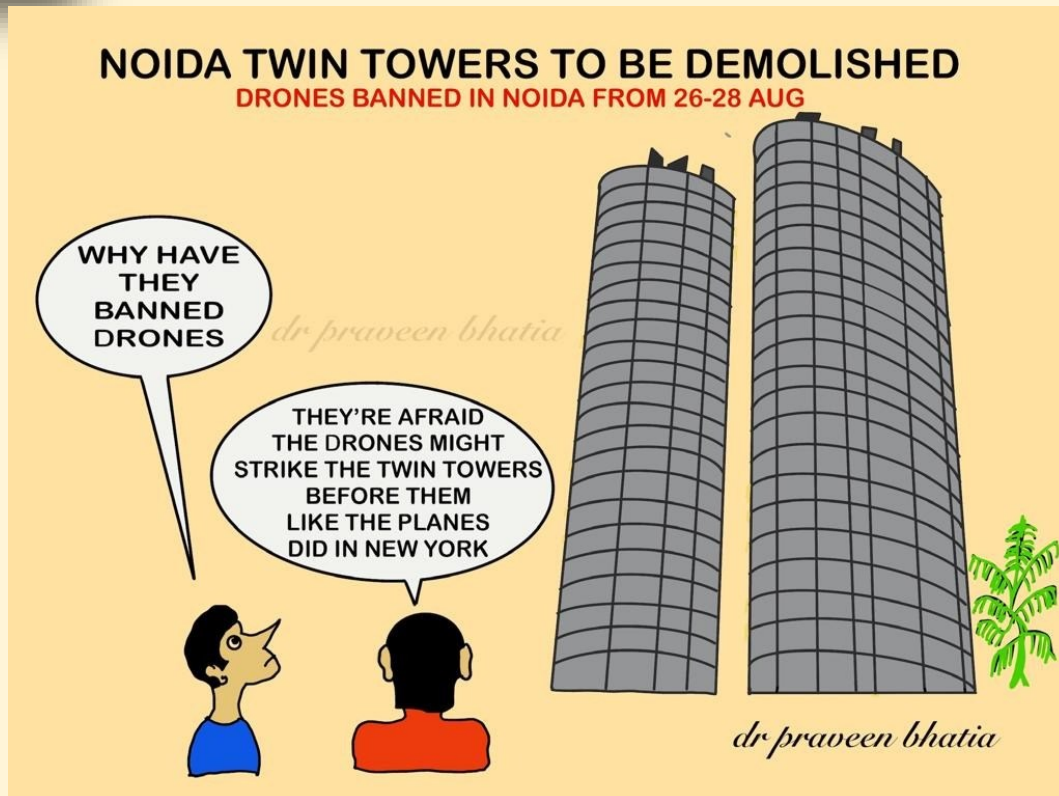
Dr. Praveen Bhatia is also a fellow Radiologist, He has done MBBS from UCMS Delhi and MD Radio-Diagnosis from Maulana Azad Medical College, Delhi. He runs a diagnostic centre at Faridabad, Haryana. He started cartooning initially as time pass during corona lockdown, enjoyed and then carried on. He is also an avid traveller, blogger and corona time singer. Here are some of his cartoons, which I am sure will tickle you.



Humour - Cartoons



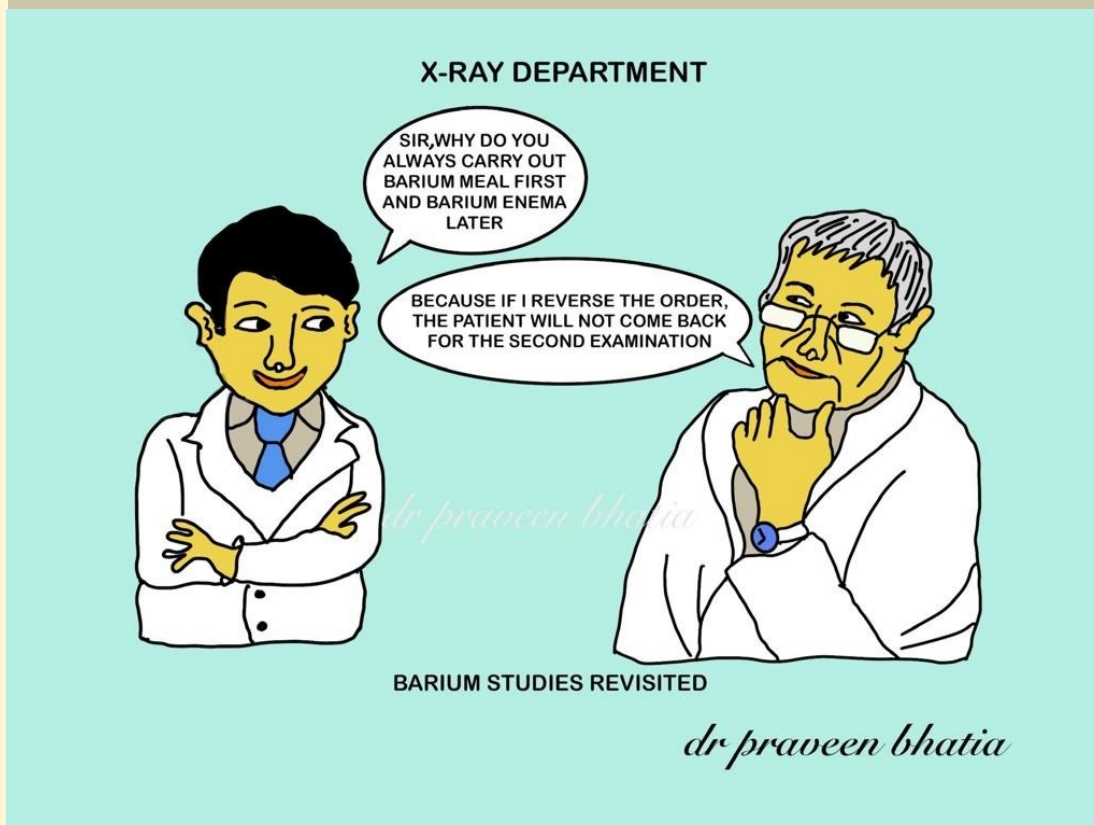
Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist



Humour - Cartoons



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist



Literature - Poems



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

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.

सावन

बरसले मेघा, बरसले तू भी

छप्पर फाड़ दे हमारा, हंस ले तू भी

कभी गरजती हो, कभी बूँद बूँद बरसती हो

कभी यहां, कभी वहां; इतना क्यों मचलती हो ?

मोती की लड़ी टूट इधर, उधर बिखरती हो I

इतना न चाहो मुझे, बहा न ले जाओ मुझे

संगी साथी न दूर हो जाए मुझसे I

जरा रुको, थोड़ा बतियाओ

थोड़ा समझो, थोड़ा समझाओ

चाय पकोड़े खा, विदाते है तुम्हे I

फिर आना अगले साल, तुम्हे न भुला पाऊँगा

तुम्हारी चंचलता के मधुर गीत गाऊँगा

फिर आना

हंसेगे हंसाएंगे

कुछ खेलेंगे और खिलाएंगे

बीते दिन फरमाएंगे

टिप टिपटिपाती लोरी सुन

गहरी नींद सो जाएंगे I

गरज रहे है, बरस भी रहे है

हुंकार भर हमसे कह रहे है

छपछपाते नन्हें पैरो की तलब

मुसकुरा टिपटिपा भी रहे हैं

याद है पिछले साल भी आए थे

मेरे संगी साथी बहाना चाहे थे

मैंने रोक दिया था, बाँध दिया था

तुम को शांत कर ही छोड़ा था

मालूम है तुम लोकप्रिय हो

कई गायको का ख्वाब हो

पर यूँ अपरंपार घमंड न करो

मुझसे यूँ बेमतलब खेल न खेलो

आओ मिल कर बैठते हैं

चाय पकौड़ा मजे में खाते है

कुछ सुनते है कुछ सुनाते है

प्रेम भर गले मिलते है।

फिर मिलने के वादे के साथ

एक दूसरे को विदा करते है।

Music



**Dr. Yogendra V
Mhashilkar.**
**DNB DMRD DMRE
MNAMS**
**Consultant Radiolo-
gist and Sonologist**

Dr. Yogendra Mhasilkar is also a fellow Radiologist. He is a Consultant Radiologist and Sonologist in Fortis Hospital, Mulund, Mumbai. He is also Director of Sonocare Scan Centre, Mulund, Mumbai.

He is an accomplished keyboard player. Here he shares his journey as a Keyboard player. I am sure you will like it. You can share your thoughts directly with him on his e mail:

dryogi10@gmail.com

KEYBOARD MUSICAL INSTRUMENT- AN ALL-ROUND PERFORMER

When we talk about the keyboard as a musical instrument, a piano, harmonium, organ etc, immediately come to our mind. Many people ask me vaguely “Do you play the Casio?” They generally associate ‘Casio’ with the ‘keyboard’, since Casio is the most popular brand of keyboard-for-kids, available in India. Yet, there is so much more to the keyboard as a musical instrument, than merely ‘playing the Casio!’

Hence, I thought of writing about the most versatile musical instrument of the current generation – the keyboard.

The keyboard is an electronic musical instrument which produces sound on pressing keys. It is often referred to as a ‘Synthesizer’. Using different sound patches, it has the ability to create sounds of various Indian instruments such as the harmonium, sitar, flute etc, and western instruments, like the guitar, strings, brass section etc.

A professional keyboard player can use the same instrument in bhajans, pop music, rock music or traditional Indian music; hence you do not need too many artistes on the stage in a live concert.

As we know ultrasound machines come in different budgets based on image quality. Similarly there is a wide range of keyboards available in market. Beginners can go for Casio models, while professionals usually go for brands like Roland, Korg, and Yamaha. There are various sub-types of professional keyboards such as personal arrangers, workstations and synthesizers.

There are thousands of sounds and rhythm styles in a professional keyboard. So, in any musical concert or in the music creation industry, the keyboard will be an integral part of the band.

Music



Dr. Yogendra V Mhashilkar.
DNB DMRD DMRE MNAMS
Consultant Radiologist and Sonologist
Mumbai.



When I was a kid, I first got attracted to the banjo, after watching the movie, Karma. Do you remember the famous banjo patch played by Jackie Shroff? After my 10th grade exam, my father gifted me a Casio SA 10 keyboard. I then learned to play a few patches of famous movies like Maine Pyar Kiya. Sometimes I used to buy few books for the notation. Whenever I

performed well in exams like the 12th, and later MBBS, I would to demand better keyboards from my parents. They were quite supportive, fulfilling all my demands.

I started my Radiology residency in the year 2000, and for almost 17-18 years, I lost touch with music. In 2019, I bought my first professional Korg PA 300 keyboard, and started devoting more time to music once again. During Covid, to kill time at home, I bought another professional keyboard, the Yamaha SX 900. The lockdown phase gave me ample time to explore both these instruments. I started devoting hours to create my own sounds for a particular genre of music. Slowly I started recording my performances and learnt to edit sounds and videos. I can say that my daily routine was now revolving around 'sound' and 'ultrasound'. Then, just for fun and entertainment, I created my YouTube channel named Dr Yogi Keys. Our ART podium on Facebook is a very good platform for part time amateur artists like us to showcase our talent. Comments and likes really give us a boost.

Personally, I don't call myself a professional artist. Music is yet, my best hobby apart from sports. There is so much to learn in music and this is just the beginning of my journey.

Art - Paintings



Dr. Debjani Gupta is a paediatrician by profession. She is also an ex-student of R. G. Kar Medical College, Kolkata. She is now a Consultant at Narayana Multispecialty Hospital. In the previous few issues, we had read her poem, seen some of her sketches and have also read articles in Calcutta Canvas . This time again, we are going to have a look at her paintings on Lord Krishna. I am sure you will love them.

Dr. Debjani Gupta
DCH MRCP (UK)
Consultant paediatrician and
Neonatologist
Narayana Multispeciality
Hospital, Howrah



Art - Paintings



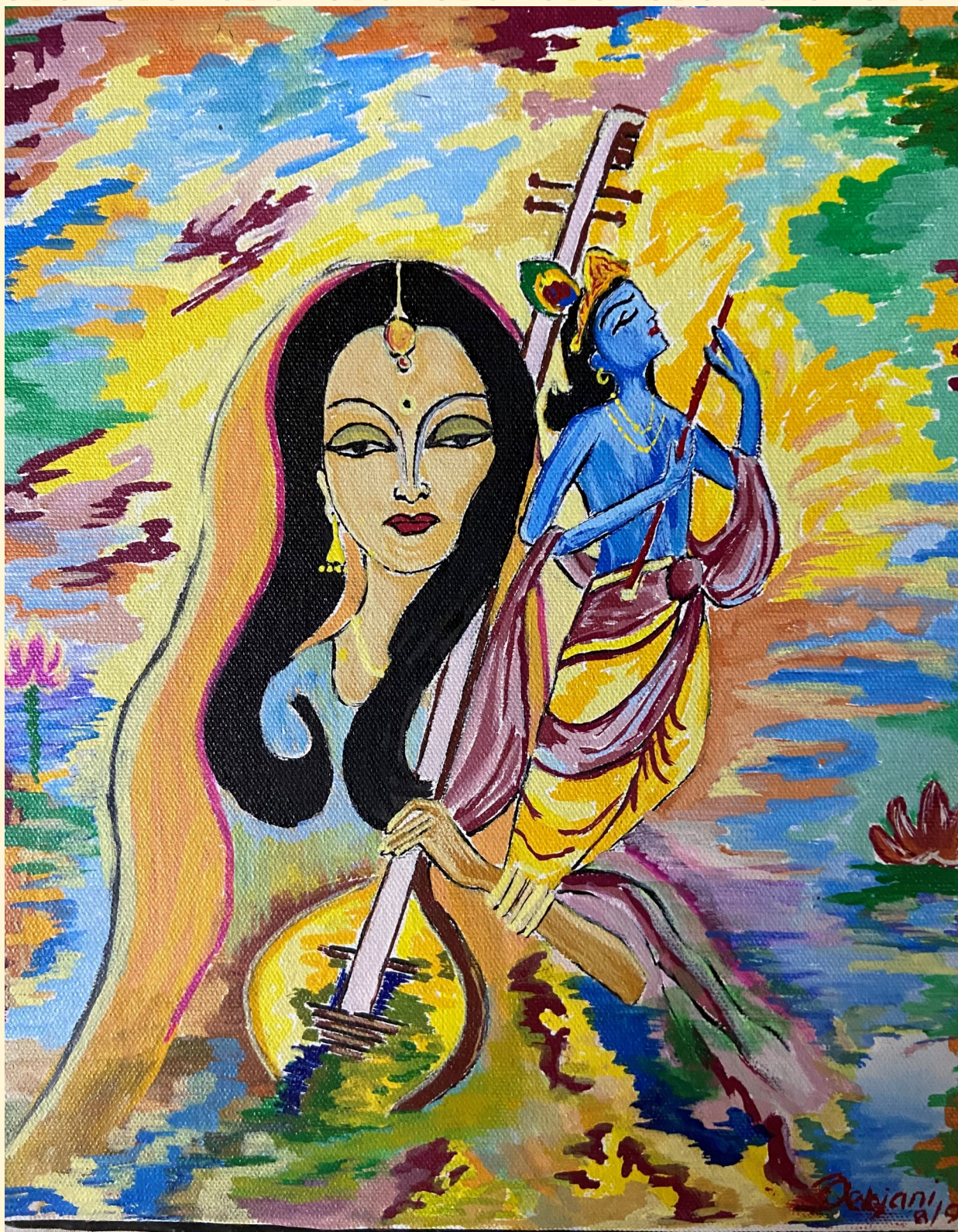
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Art - Paintings



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Art - Paintings



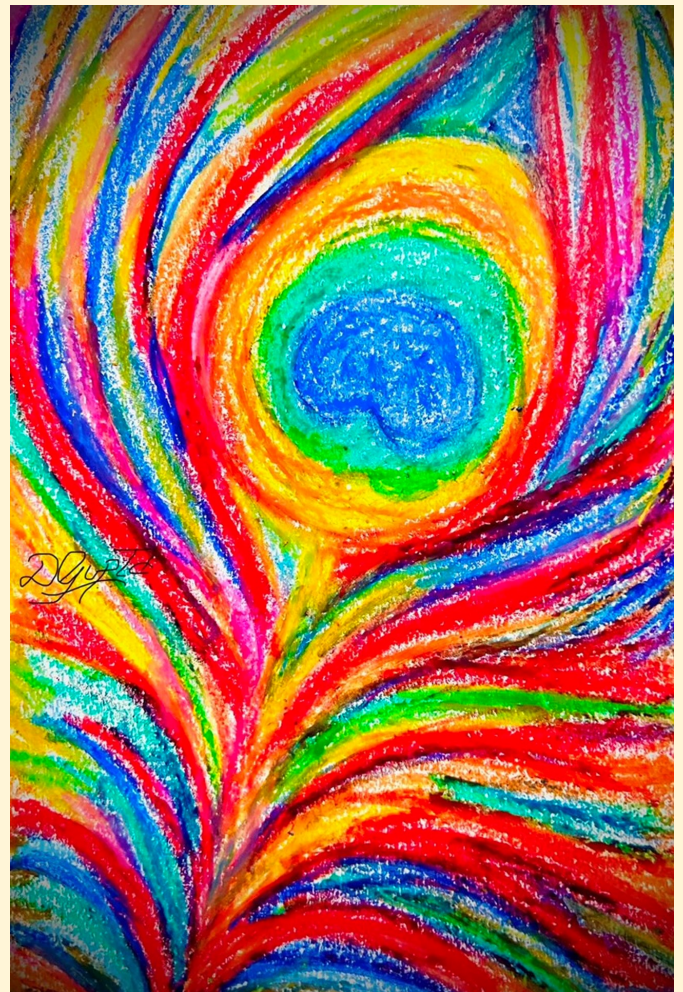
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Art - Paintings



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Howrah



Art - Paintings



**Dr Madhuri Salwe,
MBBS, DMRE.
Consultant Radiol-
ogist
Chinchwad, Pune**

Dr. Madhuri Salwe is also a fellow Radiologist. She started some pencil work in her childhood. There were many long gaps and then she drew some sketches while studying MBBS.

Her main journey of painting and sketches started when she completed her degree and joined a hospital, so whenever she used to get some time, she used to sketch some designs and then the rhythm started.

Whatever she learnt till date is from self experience, learnt from mistakes and she keeps on upgrading herself from pencil to acrylic on canvas to water color and white pencil on black and this the result of her journey. I am sure you will like it.



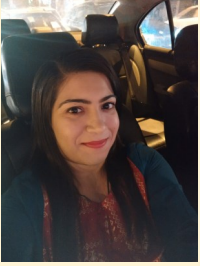
Art - Paintings



**Dr Madhuri Salwe,
MBBS, DMRE.
Consultant Radiologist
Chinchwad, Pune
Maharashtra**



Art - Paintings

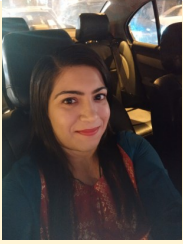


Dr Anshika Gulati
MBBS, MD
Radiologist.

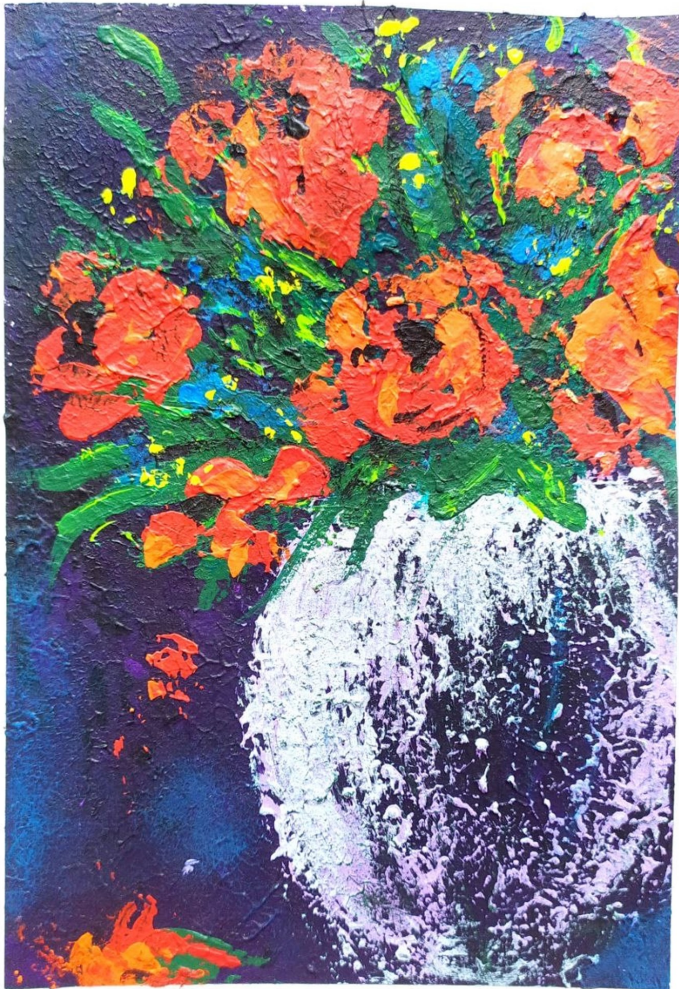
Dr. Anshika Gulati is also a fellow Radiologist, presently working as a consultant Radiologist working at National Heart Institute, New Delhi. She has done her MBBS and MD from Maulana Azad Medical College, Delhi and Lady Hardinge Medical College, Delhi respectively. Apart from Radiology, she has a keen interest in Art and Craft. Here is some of her work. I am sure it will enthrall you.



Art - Paintings



Dr. Anshika Gulati
MBBS, MD,
Radiologist.



Art - Paintings



Dr. Sandhya Patil Bhadane.
MBBS, DMRD
Consultant Radiologist
Bhadane X-ray And
Sonography Clinic,
Pune, Maharashtra.

Dr Sandhya Patil Bhadane is also a fellow Radiologist from Pune. She is working at Bhadane X-ray and sonography clinic and is interested in Fetal medicine. She did her MBBS from BJ GMC Pune and DMRD from Sassoon General Hospital, Pune. Besides radiology her hobbies are painting and cooking and then a full time Homemaker. She had left sketching when she joined medicine. This lockdown gave her a chance to hold her brush again. Watercolor is her hobby, love, passion and she is dreaming to master it. She is a self taught painter and takes help from YouTube tutorials. Paintings gives her Ultimate peace. Here is some of her artwork. I am sure you



Art - Paintings



Dr. Sandhya Patil Bhadane.
MBBS, DMRD
Consultant Radiologist
Bhadane X-ray And Sonography Clinic,
Pune, Maharashtra.



Art - Paintings



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Art - Paintings



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Glamour Photography



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

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.



Glamour Photography



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Clinical Director,
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Glamour Photography



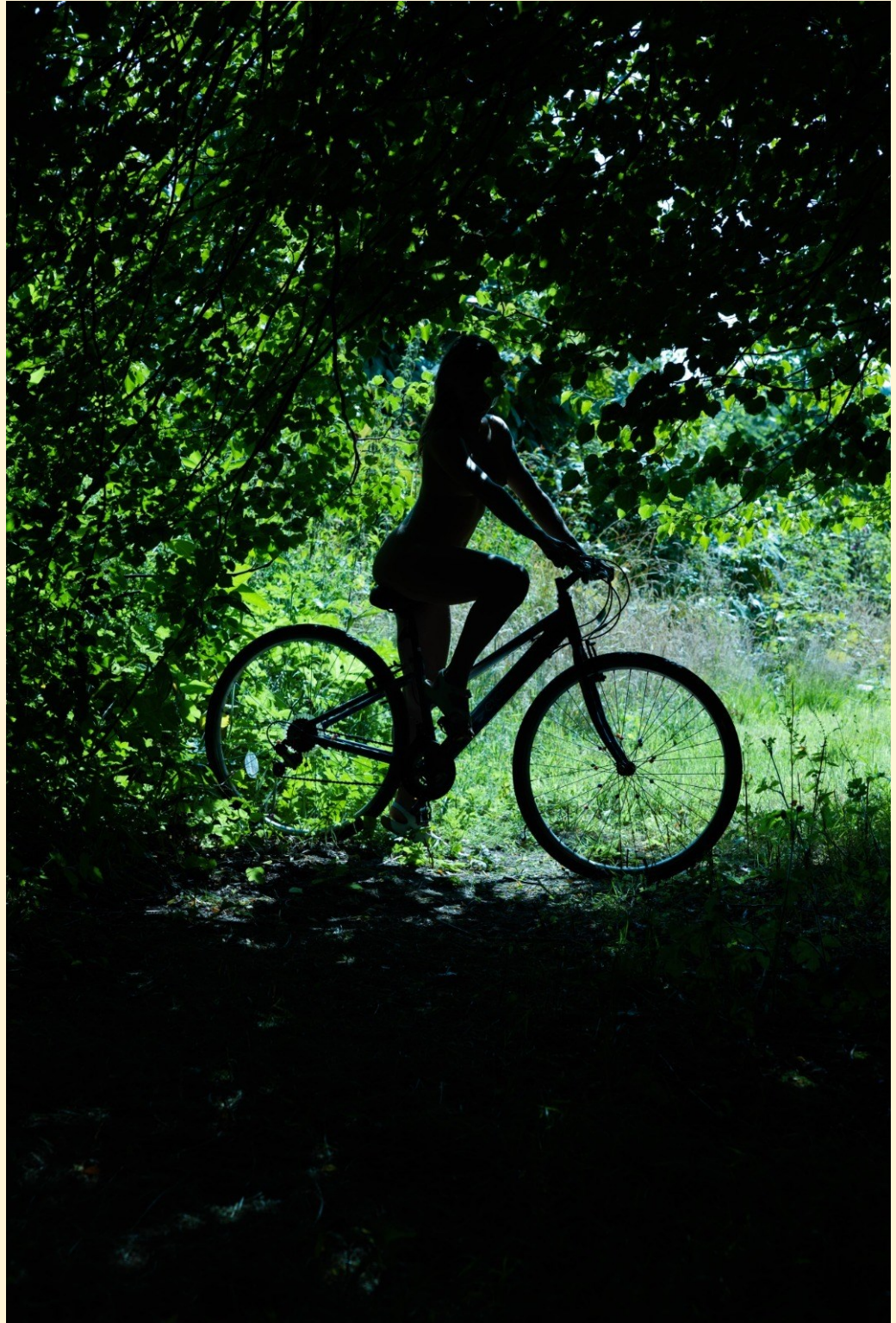
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United Kingdom.
PCN**



Photography



Photography





Photography : Dr. Viral Parekh

Next issue in October 2022

I am bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in October, 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 September, 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 K. Parekh,
MBBS, DMRD, DNB