

Reflections

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

November 2022

Volume III Issue 11

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Photography - Dr Patrick Basu



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Radiologist's Musings - Viral Parekh

November 2022

Volume III Issue 11

Hi!, Namaste,

I am very happy to present here yet another, in fact the 32nd. issue of Reflections. T20 Cricket World Cup is going on now. So, let me muse something about it.

I had stopped seeing Cricket from early 2000 to 2019. I had become cynic and had started thinking that most of the matches are fixed so what is the point in seeing? Why waste your time in seeing something which is stage managed? But Cricket came to my rescue when I was bed-ridden for three months with spinal fracture in 2109. At that time, One Day World cup cricket was going on. I had nothing to do. Only thing you can do lying down is watch TV, which I dislike most. But having no other option, I resorted to watching Cricket on TV. That rekindled my interest in Cricket and Virat Kohli became my favorite. Once I recovered, I used to watch Cricket only for Virat. Once he got out, I used to stop seeing that match. Since childhood I had many favourite Cricketers like Gavaskar, Vishwanath, Farokh Engineer, Chandrasekhar, Prasanna, Srikanth, Sandip Patil, Kapil Dev, Sachin Tendulkar, Dravid, Srinath, Bumrah and Virat to name a few.

I am again taking keen interest in ongoing T20 world Cup. Since most of the matches are thrillers, I end up watching almost whole of the match. During breaks, there are commercials which mint money for themselves and TV channels. One such commercial which caught my attention is the one featuring Rishabh Pant, Hardik Pandya and Rohit Sharma. What would have they become if they would not have been able to pursue their dream to become Cricketers. Rishabh Pant might have ended up as classical singer, Pandya as hair dresser and are as Classical singer, hair dresser and so on.

One must work very hard to pursue their dreams. If you are not able to pursue your dream, it is quite frustrating. There are many days when you sit with your head in hands battling the enemy's voice which tells you that you are not good enough.

Everyone wants to chase their dreams and follow his/her passion. At some point, you're brave and full of hope and decide to do it and quit your job, become a musician or singer or travel the world and change your lifestyle. One such example I have seen in real life is a fellow Radiologist friend who quit his job and became a full time Musician. It's wonderful, empowering and exciting and all those things that make living worthwhile. Everyone is either not that lucky or courageous. But one must try pursue his/her dream with all sincerity. Like most of us, I too have many dreams to be fulfilled. One such dream is to compose a song with my own lyrics and my own music. You may say I am a dreamer. But, I hope I am not the only one.

This issue would not have been possible without the help of Dr. Praveen Bhatia, Dr. Patrick Basu, Dr. Juni Menon, Dr. Palash Jyoti Das, Dr. Sushanta Bhadra, Dr. Reeta Bora, Dr. Sanjeev Handique, Dr. Shalini Agarwal and Dr. Tuhin Bhattacharya. I am obliged and sincerely thank all of them.

"Some nights are made for torture, or reflection, or the savoring of loneliness." - Poppy Z.Brite

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.



Art - Paintings



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

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. Here is one of her paintings. I am sure you will be mesmerized by her work.



Art - Paintings



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

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.

**House in Hajo.
15x11" watercolour
on Arches 300gsm
paper. This painting
too is included in the
book, Aakriti Assam
Type Houses**



From Majuli. 15x11" watercolour on Arches 300gsm paper. From a pic by Indranil Gayan . My sincere gratitude to my friend Akhyai Jyoti Mahanta for the support



Art - Paintings



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



“The dancing monk” 15x11” watercolour on Arches 300gsm rough. My sincere gratitude to Akhyai Jyoti Mahanta for your help and Indranil Gayan for the lovely source pic

Art - Paintings



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

Dr. Palash Jyoti Das, is also a fellow Radiologist and presently working as Radiologist in Arya Wellness Centre, Guwahati Assam. He done MBBS from Guwahati Medical College & MD (Radiodiagnosis) from Assam Medical College. He did his Senior Residency from PGIMER (Chandigarh).

Drawing and painting is his passion since childhood. Without any formal training he is indulged in art work. After joining medical profession he could not continue due to time constrains. During lockdown period the old passion was rejuvenated and he took pencil and brushes after years. His prime interest is pencil works and human face. Although he always tries to experiment with new things. He has done few pencil drawings over the plastic sheet which comes with CT scan films.



Art - Paintings



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



Art - Paintings



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



Art - Paintings



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



Travelogue



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.

Dr. Tuhin Bhattacharya is also a classmate of mine. He is one of the close friends of mine and a Pathologist by profession. He is presently working as Chief Pathologist & CEO at Lifecare medical foundation blood centre. Kolkata.

Here is his travelogue on Chardham, which he had visited last month only. I am sure you would like to be part of his journey.

Day 1

After few weeks of planning we decided ...hum saat, to visit 4 Dham. Delhi to Haridwar, night stay at GMVN , forest guest house, Chilla dam !



Travelogue



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.



Travelogue



**Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.**

Day 2

Started early morning from Haridwar to Yamunotri (phool Chatti -- last roadable place)



Travelogue



**Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.**

Day 3

Night stay at Hanuman Chatti (GMVN) hotel , just on the bank of fast flowing Yamuna.



Travelogue



**Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.**

Day 4

Hanuman chatti to Gangotri temple (almost 260 km) . In between we passed through Harshil (famous for late variety best juicy apples) . Once you are surrounded by lakhs of fully ripe apple trees , you don't feel like eating . Later in the evening we had Sandhya aarati at Gangotri temple.



Travelogue



**Dr. Tuhin
Bhattacharya,
MBBS, MD
Consultant
Pathologist.**

Day 5

Early prayer & started for the longest journey -- Gangotri to Phata (312 km) .



Travelogue



**Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.**

Day 6

Woke up early , tried for on spot booking of Chopper service to Kedarnath temple, failed took our bus to Sonprayag. Walked 1.5 km to have share Bolo to Gaurikund. Took 7 mules & started our 17 km journey to Kedarnath temple. Reached around 4.30 pm .



Travelogue



**Dr. Tuhin
Bhattacharya,
MBBS, MD
Consultant
Pathologist.**

Day 6



Travelogue



**Dr. Tuhin
Bhattacharya,
MBBS, MD
Consultant
Pathologist.**

Day 7

Took mule again & got back to Sonprayag around 6 pm -- took our bus & rode straight to CHOPTA (little Switzerland of Uttarakhand) . Total rest on the hill top on day 8th. also.



Travelogue



**Dr. Tuhin
Bhattacharya,
MBBS, MD
Consultant
Pathologist.**

Day 8

Mahaasthami (Durga Puja)started early after quick breakfast for Badrinath temple. Reached around 4.45 pm . Getting into one the nicest hotel in Badrinath, took tea & just outside the entrance stand tall & majestic – Mount Neelkantha. Had Sandhya aarati at the temple & came back to hotel . By then Mount Neelkantha had disappeared....!!



Travelogue



**Dr. Tuhin
Bhattacharya,
MBBS, MD
Consultant
Pathologist.**

Day 9

9th day of Durga Puja) -- we woke up early , had hot shower inside the hotel & went straight to Shree BadriVishal temple for puja & darshan. This time just outside the hotelMount Neelkantha was partially seen. After a great darsan & puja --- we headed for Mana village ----- as we all know it's the last village in that areawe had very clear view of Saraswati river & Alokanda river flowing by ... Later on started for Rudraprayag, for night



Travelogue



**Dr. Tuhin
Bhattacharya,
MBBS, MD
Consultant
Pathologist.**

Day 10

Bijaya Dasami (Goddess Durga returning home) started early from Rudraprayag, and reached our hotel " Le Roi Haridwar , around 4.45 pm . Had tea & went straight to Har pe Pauri ghatfor Ganga aaratiafter aarati bid farewell to Goddess Bhagawati& Came back to hotel . Had a nice sleep (as hectic & long journey ended)next day evening reached Delhistayed for a day & next day boarded Rajdhani express for Kolkata!!* hope guys you liked our journey & scenic beauty of India .**



Travelogue



Day 10

**Dr. Tuhin
Bhattacharya,
MBBS, MD
Consultant
Pathologist.**

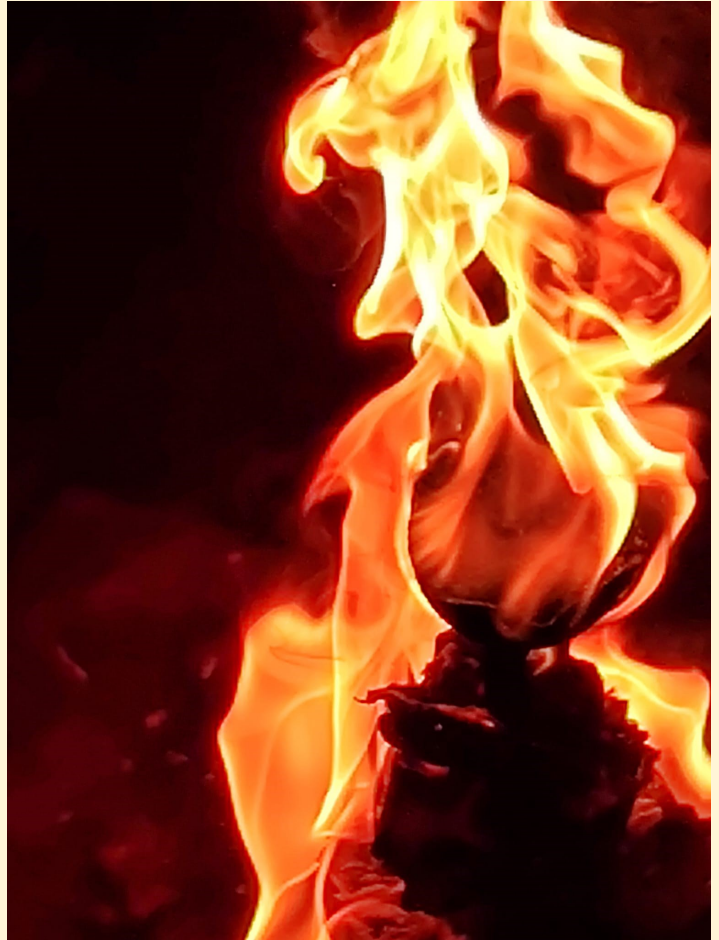


Travelogue



Day 10

**Dr. Tuhin
Bhattacharya,
MBBS, MD
Consultant
Pathologist.**



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.

BREWING IN MY STEW

A cauldron was fired,
On the day I was sired.
Frothing and simmering since
Bubbling mind into a mince.
Spices of laughter and humor
Mixed in the stew.
Anger bringing tears to eyes
Chop chop chop; slice slice slice.
All come together in sadness.
Mixed in a soup of madness.
I can't tell one from another;
Vertiginous I grope and smother.
Impossible, uncontrollable
everything seems; my stew!
How can it be? Frothing and bubbling,
Nothing but havoc, it's been.

TWITTERING BIRDS

Perched precariously on balcony steed
Glowing animated ethereal selves.
Bright twinkling eyes full of mead
Proud nonstop jaw gnawing surreal
Husbands kissed, dispatched hurriedly
Offspring delivered sermons appropriately.
Guiltless conscience free, and rejoicing
Directionless horizon wards soaring;
Making dragons of harmless dames
Witches behaving with no shame
Immodesty of the neighbour's daughter
Described in detail with gurgling laughter.
Tolerated in their virtuous minds
Happy to be unique; one of a kind
Politics and science are not their forte
Finances briefly discussed shunned carte.
Eyeing the stud smoking in the corner
Sultry looks, jumping nerves smothered.
Berating fragility of life and fate,
They go on till it is fashionably late.
As the clock strikes, soap opera
Rush in feigning duties etcetera.
Waking up to reality at eventide
They get into mood of a housewife.
Crestfallen take leave with sad twitter
Descend from airy castles till later.

Photography



Dr. Reeta Bora
MBBS, MD,DM
{Neonatology}
Consultant Neonatolo-
gist
Dibrugarh Assam.

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.



Photography



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



Photography



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



Photography



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



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



**Mr. Sushanta Bhadra,
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United Kingdom.
PCN**





Photography : Dr. Patrick Basu

Next issue in December 2022

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