

REFLECTIONS

Volume 4 Issue 1

01.01.2023

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

Photography by Dr. Patrick Basu



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Special points of interest:

- Paintings by Rati Vajpeyi, Juni Menon, Sanjeev Handique, Madhuri Salwe, Sandhya Bhadane and Kanchan Pathak.
- Photography by Patrick Basu, Sushanta Bhadra & Satyam Maity & Arunava Bohra.
- Cartoons by Praveen Bhatia

WISH YOU ALL A VERY HAPPY NEW YEAR

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**Reflections - An e-magazine showcasing the
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Radiologist's Musings - Dr. Viral Parekh

Hi!, Namaste,

I am very happy to present here yet another, in fact the 34th. issue of Reflections. Wish you all a very happy new year. With this new year, we enter into the 4th. Calendar year of Reflections. In this issue, I have changed the look of the magazine. I have intentionally chosen a look in different shades of grey; ranging from extreme white to extreme black which represent our mundane life, it is the different forms of art in different colours which bring joy to our life and similarly these colourful artforms give life to this magazine.

With this new year, I will keep on inventing ways to incorporate more artforms and make this magazine more interesting. For my that dream to realise, I need your cordial support.

Are we becoming a society which wants everything without giving anything? We want our country's infrastructure to be world class but in return, we don't want to contribute anything to the society and country as a whole. Are we becoming cry-babies?

John F Kennedy has once famously said that "Ask not what your country can do for you; ask what you can do for your country." . Present Indian mindset wants lot of things from the country without giving anything in return, which does not augur well for the future of our people. To be a Freeloader is in fashion it seems.

Mark Twain had once said that "Loyalty to country ALWAYS. Loyalty to government, when it deserves it." This is how it should be.

Theodore Roosevelt's one statement has beautifully summarised what should be your attitude towards your country. "Here is your country. Cherish these natural wonders, cherish the natural resources, cherish the history and romance as a sacred heritage, for your children and your children's children. Do not let selfish men or greedy interests skin your country of its beauty, its riches or its romance."

Wish you all a very happy Republic day in advance.

This issue would not have been possible without the help of Dr. Praveen Bhatia, Dr. Patrick Basu, Dr. Juni Menon, Dr. Madhuri Salwe, Dr. Sushanta Bhadra, Dr. Sanjeev Handique, Dr. Shalini Agarwal and Dr. Sandhya Bhadane. I am obliged and sincerely thank all of them.

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Music : Hindustani Classical Music : Thaats & their ragas



1. **Bilawal: Sa Re Ga ma Pa Dha Ni SA**
 - **Morning:** Raag Alhaiya Bilawal, Raag Bilawal
 - **Evening:** Raag Durga
 - **Night:** Raag Bihag, Raag Hamsadhwani
2. **Khamaj: Sa Re Ga ma Pa Dha ni SA**
 - **Evening:** Raag Desh, Raag Khamaj
 - **Night:** Raag Gorakh Kalyan, Raag Champakali, Raag Jog, Raag Rageshree, Raag Saraswati, Raag Tilak Kamod
3. **Kafi: Sa Re ga ma Pa Dha ni SA**
 - **Morning:** Raag Asavari, Raag Jaunpuri
 - **Afternoon:** Bhimpalasi
 - **Evening:** Raag Kafi, Raag Patdeep
 - **Night:** Raag Bageshree, Raag Chandrakans, Raag Pilu, Raag Shivranjini
4. **Asavari: Sa Re ga ma Pa dha ni SA**
 - **Morning:** Raag Asavari, Raag Jaunpuri
 - **Night:** Raag Adana, Raag Darbari
5. **Bhairavi: Sa re ga ma Pa dha ni SA**
 - **Morning:** Raag Bhairavi, Raag Komal Rishabh Asavari
 - **Night:** Raag Malkauns
6. **Bhairav: Sa re Ga ma Pa dha Ni SA**
 - **Morning:** Raag Ahir Bhairav, Raag Bairag, Raag Bhairav, Raag Jogiya, Raag Nat Bhairav, Raag Ramkali
7. **Kalyan: Sa Re Ga Ma Pa Dha Ni SA**
 - **Afternoon:** Raag Shudh Sarang
 - **Evening:** Raag Bhopali, Raag Meru Bihag, Raag Yaman
 - **Night:** Raag Kedar
8. **Marwa: Sa re Ga Ma Pa Dha Ni SA**
 - **Dawn:** Raag Bhatiyar, Raag Sohini
 - **Evening:** Raag Puriya Kalyan
9. **Poorvi: Sa re Ga Ma Pa dha Ni SA**
 - **Dawn:** Raag Lalit
 - **Afternoon:** Raag Poorvi
 - **Evening:** Raag Puriya Dhanashree
10. **Todi: Sa re ga Ma Pa dha Ni SA**
 - **Morning:** Gujari Todi
 - **Afternoon:** Raag Madhuvanti, Raag Multan

Art - Paintings & Sketches



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

"What keeps my
heart awake is
colorful silence."
~ Claude Monet

"Painting is silent
poetry, and poet-
ry is painting that
speaks." ~ Plu-
tarch

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 sketching. I am sure you will be mesmerized by her work. Here she has painted her own self, which is really awesome.



Art - Paintings & Sketches



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

"Tamasoma Jyothirgama!"

Medium:

Acrylic on canvas.

Size: 36/24 inches.

Dear and near ones,

This year is coming to an end and we are gearing up to welcome 2023 with all zest and enthusiasm!!

Time to reflect on the year gone by and hope for a truly remarkable and blissful new year ahead!!

May the light of knowledge remove the darkness of ignorance!!!!

Tamasoma Jyothirgama!!!

Wishing you all more love and laughter.. more happiness and blessings in abundance!! Cheers to new horizons!!

Dr. Juni Menon.



Art - Paintings & Sketches



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

"Painting is self-discovery. Every good artist paints what he is." – Jackson Pollock

"Painting is concerned with all the 10 attributes of sight; which are: Darkness, Light, Solidity and Colour, Form and Position, Distance and Proximity, Motion and Rest." – Leonardo da Vinci



Art - Paintings & Sketches



Dr Rati Chand Vajpeyi

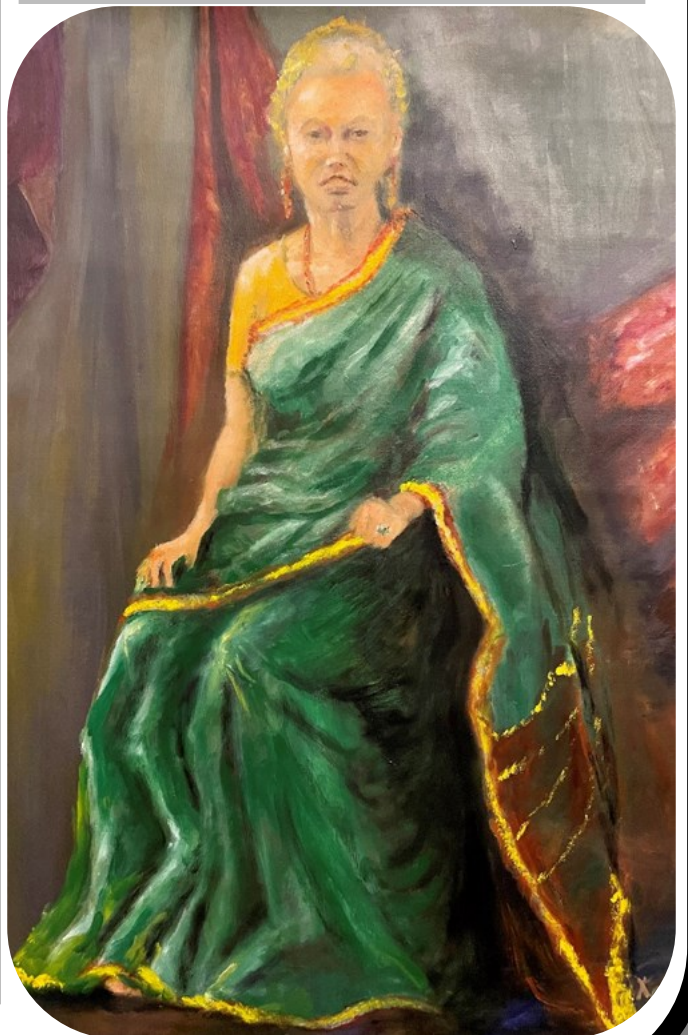
MD (PGI) Rad.Onc,
FISCC (OX) , CAN-
coach, CRA,

Dr. Rati Vajpeyi is an Oncologist and alumni of National Medical College, Kolkata. She is now based in Toronto Canada. Dr. Rati Vajpeyi is also a physician of Homeopathy from the Canadian College of Homeopathic Medicine. She is currently a visiting professor at Pravara Institute of Medical Sciences, Loni, Maharashtra, India. She is the founder and Vice President of Cancer Care India (CACI) and also founder and former Managing Trustee of PRE-RAK, which support for cancer fighters and other major illnesses. Her paintings are internationally exhibited and partial proceeds go towards patient care. Here are some of her paintings. All of her original paints have a deep threaded stories. I am sure you will love them.

Her Facebook Page is Artbyrati. Her Website is www.artbyrati.com. Instagram : rati54

Ever since I can remember, I was drawing and painting. I never took formal lessons. Actually, I got thrown out from the compulsory drawing classes in school. I trained myself, by sketching and paying the statues in Victoria Memorial Gardens in the 60s. In Medical school, the anatomy dissections taught me the form of the human body. During my medical practice, helping patient vent their frustrations through colour taught me expressive arts. I eventually, followed my passion of art, and got atelier training by some famous artist, in which, I earned the formal techniques of the world of Art. It has been a wonderful journey exploring the different mediums, the tools, and methods. I have evolved over the years, and enjoy painting from Life –people, animals, Nature, and the places I visit. I always carry a small kit containing charcoal, pencils, a watercolour set, brushes, and a pen. Ever ready, to be inspire to stretch. The one thing Art has taught me is to see with insight and feel. For that I am grateful.

LOUISE IN A SARI –224 x 36 inches –oil on linen



Art - Paintings & Sketches



Dr Rati Chand Vajpeyi
MD (PGI)
Rad.Onc, FISCC (OX) ,
CANcoach, CRA.

THE PIANIST 24x24 inches –oil on Linen



Art - Paintings & Sketches



Dr Rati Chand Vajpeyi
MD (PGI)
Rad.Onc, FISCC (OX) ,
CANcoach, CRA.

FRIENDS –Acrylic on board 10x12 inches



Art - Paintings & Sketches



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 is one of his wonders. I am sure you will love it.

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

Thiago Alcanta-
ra: "We give him the
ball and stand back
and watch. People
often say to me they
saw Pele and Mara-
dona play. In the fu-
ture, I will be able to
say I saw Messi
play."

Javier Maschera-
no: "Although he
may not be human,
it's good that Messi
still thinks he is."



Art - Paintings & Sketches



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

"Painting is silent poetry, and poetry is a painting that speaks."
- Plutarch.

"There is something beautiful about a blank canvas, the nothingness of the beginning that is so simple and breathtakingly pure. It's the paint that changes its meaning and the hand that creates the story."
- Piper Payne.

"I believe, I believe every day is a good day when you paint."
- Bob Ross.



Art - Paintings & Sketches



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

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 colour and white pencil on black and this the result of her journey. I am sure you will like it.

"Great things are not done by impulse, but by a series of small things brought together."

-Vincent Van Gogh.

"If you hear a voice within you say you cannot paint, then by all means paint and that voice will be silenced."

-Vincent Van Gogh.



Art - Paintings & Sketches



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 . Here are some of his sketches. I am sure you will love them.

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

**"I dream my painting and I paint my dream."
 — Vincent Willem van Gogh**

**"...and then, I have nature and art and poetry, and if that is not enough, what is enough?"
 — Vincent Willem van Gogh**



Art - Paintings & Sketches



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



Art - Paintings & Sketches



Dr. Kanchan Pathak
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West Bengal, India.



Art - Paintings & Sketches



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



Art - Paintings & Sketches



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 will love it.



The only time I feel alive is when I'm painting - Vincent van Gogh

I long so much to make beautiful things. But beautiful things require effort and disappointment and perseverance. Vincent van



Art - Paintings & Sketches



Dr. Sandhya Patil Bhadane.

MBBS, DMRD

Consultant Radiologist

Bhadane X-ray And Sonography Clinic,
Pune, Maharashtra.



Art - Paintings & Sketches



Dr. Sandhya Patil Bhadane.

MBBS, DMRD

Consultant Radiologist

Bhadane X-ray And Sonography Clinic,
Pune, Maharashtra.



Art - Paintings & Sketches



Dr. Sandhya Patil Bhadane.

MBBS, DMRD

Consultant Radiologist

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Art - Paintings & Sketches



Dr. Sandhya Patil Bhadane.

MBBS, DMRD

Consultant Radiologist

Bhadane X-ray And Sonography Clinic,
Pune, Maharashtra.



Humour



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 is the weapon of unarmed people: it helps people who are oppressed to smile at the situation that pains them." ~ Simon Wiesenthal

"A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life." ~ William Arthur Ward

ONGOING FIFA WORLD CUP 2022 DOHA LONG QUEUES AT DELHI AIRPORT



THANKS FOR THE HUGE LOANS WE'LL FOREVER REMAIN INDEBTED TO INDIAN BANKS



Humour



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

KING PELE

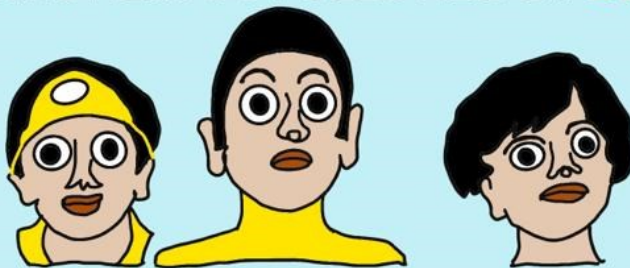
1940-2022



ALWAYS FOLLOWED THE BALL



BUT WAS ALWAYS FOLLOWED BY EYEBALLS



dr praveen bhatia

dr praveen bhatia



Astrophotography



Dr. Arunava Borah,
MBBS,MD
Assistant Professor
Department of Forensic Medicine,
Dhubri Medical College & Hospital,
Assam.

Dr. Arunava Borah did his MBBS from Assam Medical College, Dibrugarh (2004 batch). He did his postgraduation in Forensic Medicine and Toxicology from Gauhati Medical College, Guwahati in 2016. Currently he is working as Assistant Professor in Department of Forensic Medicine, Dhubri Medical College.

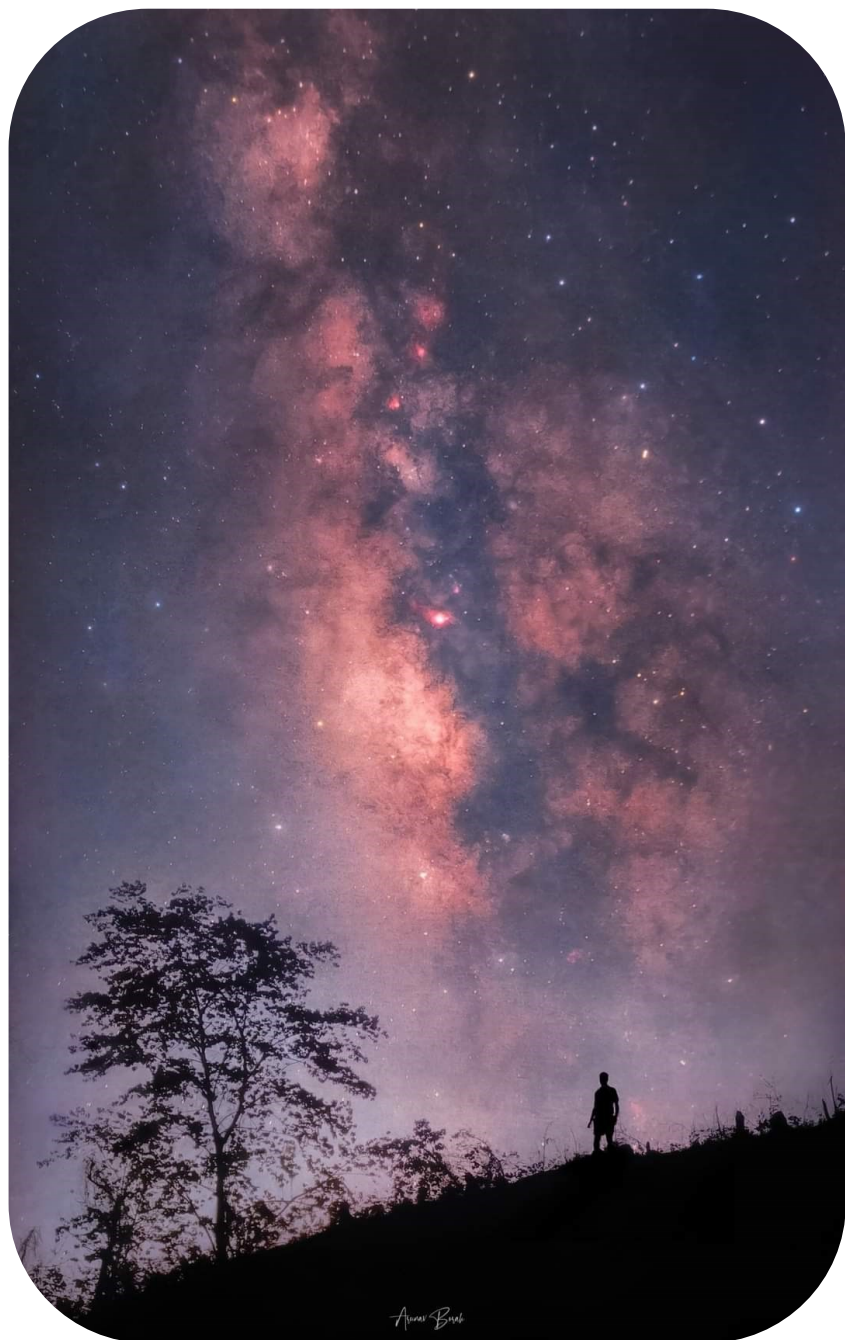
From 2015 he started his journey into photography. He was a wildlife and landscape photographer till 2020. In 2020 he grew interest in Astrophotography and now he is exclusively photographing the cosmos. Here are some of his Astrophotographs. I am sure they will amaze you.

Look at the sky; remind yourself of the cosmos. Seek vastness at every opportunity in order to see the smallness of yourself.

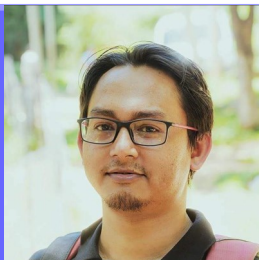
Matt Haig

You cannot look up at the night sky on the Planet Earth and not wonder what it's like to be up there amongst the stars. And I always look up at the moon and see it as the single most romantic place within the cosmos.

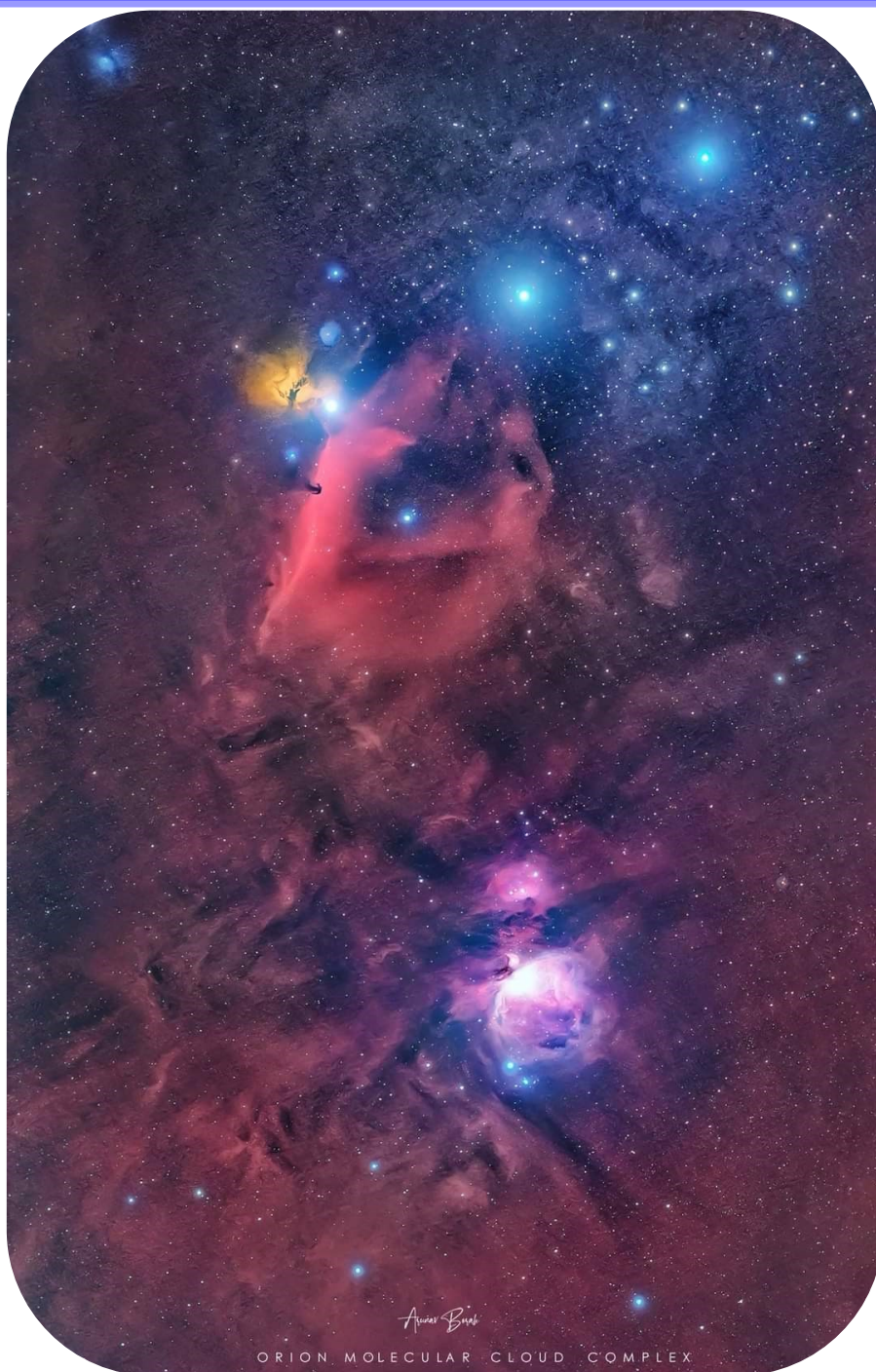
Tom Hanks



Astrophotography



Dr. Arunava Borah,
MBBS,MD
Assistant Professor
Department of Forensic Medicine,
Dhubri Medical College & Hospital,
Assam.



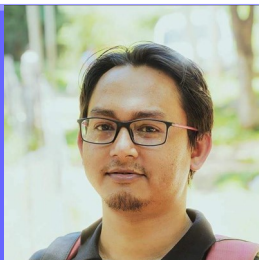
Aruna Borah

ORION MOLECULAR CLOUD COMPLEX

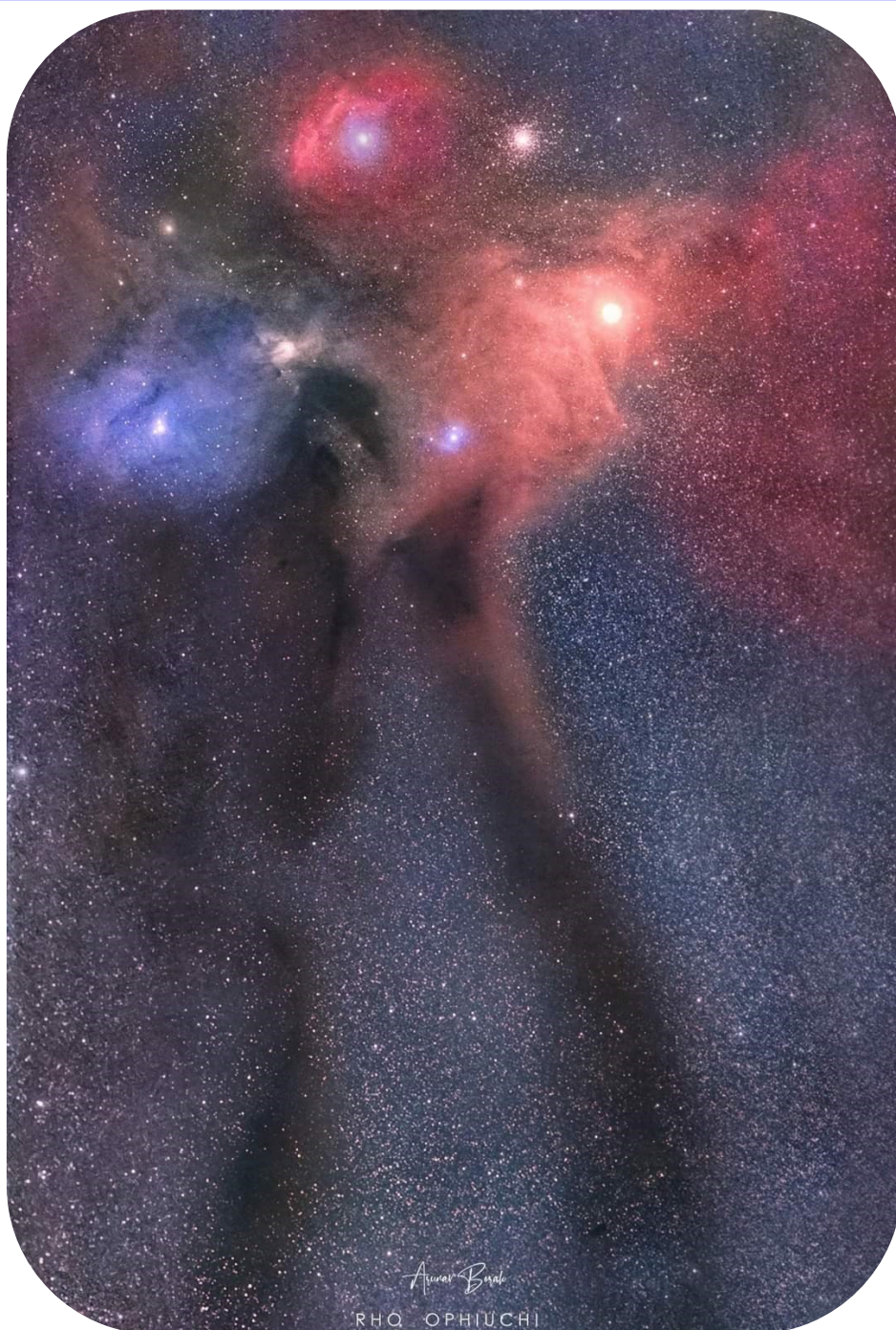
ORION MOLECULAR CLOUD COMPLEX

Aruna Borah

Astrophotography



Dr. Arunava Borah,
MBBS,MD
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Dhubri Medical College & Hospital,
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Arunava Borah
RHO OPHIUCHI

Astrophotography



Dr. Arunava Borah,

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Department of Forensic Medicine,
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Assam.



Arunav Borah

Astrophotography



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Assam.



Arunav Borah

ROSETTE. NEBULA

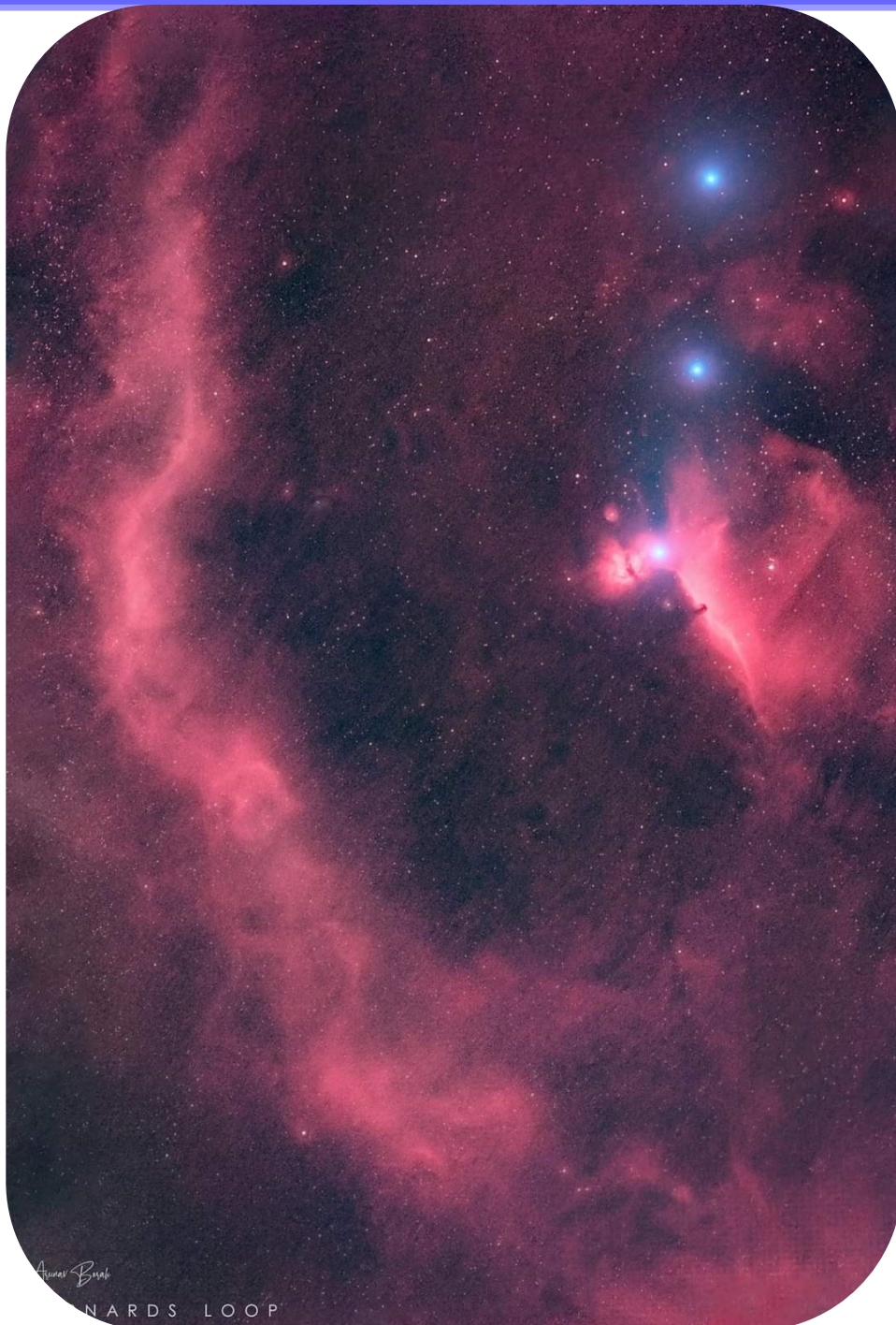
ROSETTE. NEBULA

Arunav Borah

Astrophotography



Dr. Arunava Borah,
MBBS,MD
Assistant Professor
Department of Forensic Medicine,
Dhubri Medical College & Hospital,
Assam.



Arunava Borah

ORION'S LOOP

SHVBD2 1006

Arunava Borah

Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
 Consultant Ophthalmologist
 Aaloey - Phera,
 Contai, Purba Medinipur,
 West Bengal, India.

Dr. Satyam Kumar Maiti is an Ophthalmologist by profession and ex-student of R. G. Kar Medical College, Kolkata. He is an avid photographer and bird watcher. He roams around the world with his camera. He is one of my classmates and a dear friend. We call him modern day Salim Ali {famous Ornithologist}.

Painting & music were his dream. He learnt classical music from a Ustad who was a teacher of his mom. He graduated in music & progressed to the mark of sangeet prabhakar.

He is a self taught painter. He revived his painting after a gap of almost 4 decades. So he thinks himself a novice as far his painting is concerned. He finds peace in playing with colours. Here are some of his avian photographs.

"Photography is an austere and blazing poetry of the real."—
Ansel Adams

"When words become unclear, I shall focus with photographs. When images become inadequate, I shall be content with silence."— **Ansel Adams**



Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.



Satyam Kumar Maiti

Satyam Kumar Maiti

Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
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Aaloey - Phera,
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West Bengal, India.



© Satyam Kumar Maiti



© Satyam Kumar Maiti

Photography



Dr. Satyam Kumar Maiti
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West Bengal, India.



© Satyam Kumar Maiti

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Photography



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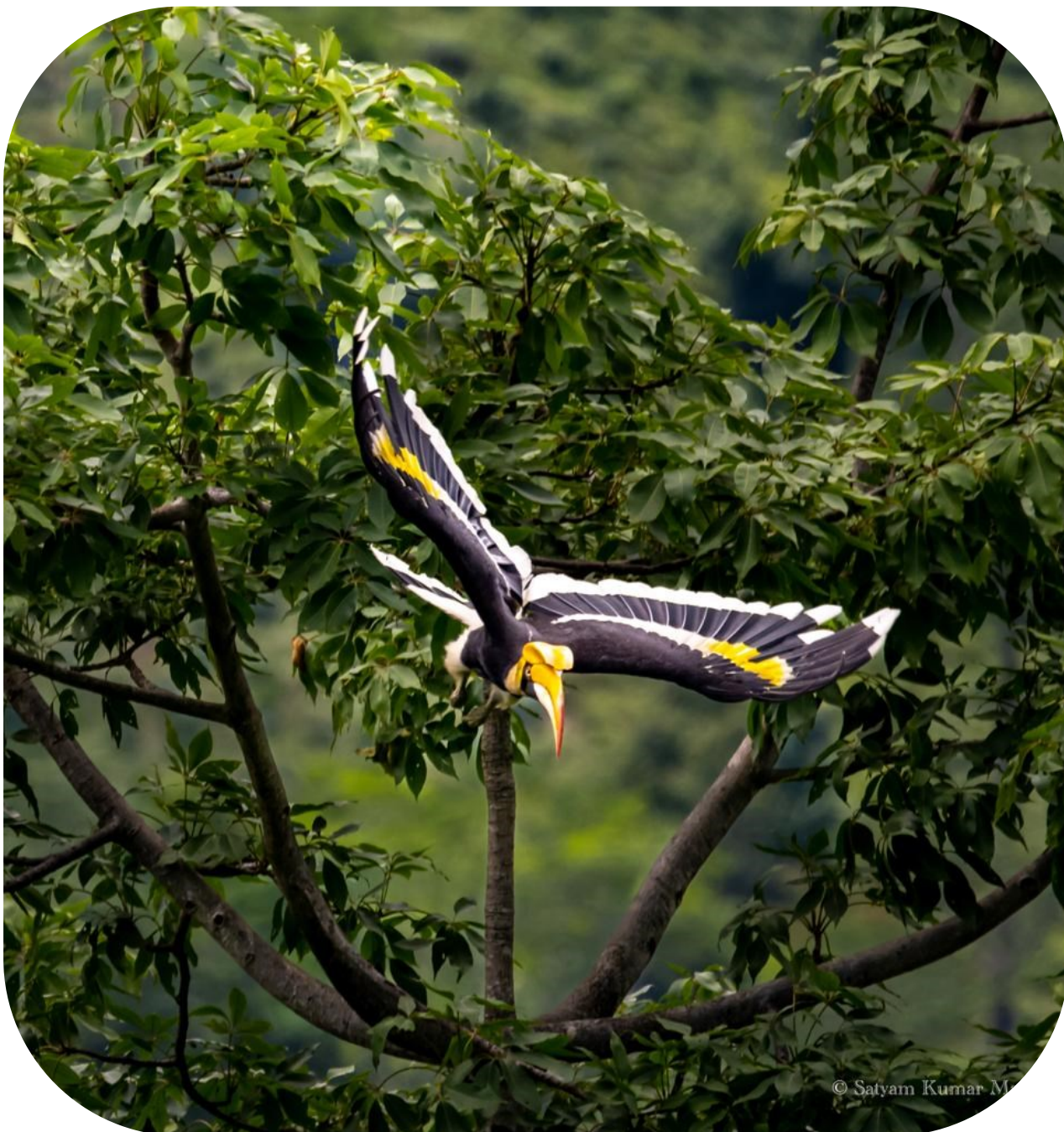


Satyam Kumar Maiti

Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.



© Satyam Kumar M

Glamour Photography



Mr. Sushanta Bhadra,

MBBS, MD, DTMH,
DNB, FRCOG,
FRCGP, LLB.

Clinical Director,
North Bexley PCN
United Kingdom.

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.

"I don't mind being burdened with being glamorous and sexual. Beauty and femininity are ageless and can't be contrived, and glamour, although the manufacturers won't like this, cannot be manufactured. Not real glamour; it's based on femininity."

— Marilyn Monroe



Glamour Photography



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

**"Glam culture is ultimately rooted in obsession, and those of us who are truly devoted and loyal to the lifestyle of glamour are masters of its history. Or, to put it more elegantly, we are librarians."
— Lady Gaga**



Glamour Photography



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

**"Everything sinful is
glamorous these
days, isn't it?"
— Aimee Agres-
ti, Illuminate**



Glamour Photography



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



Glamour Photography



Mr. Sushanta Bhadra,
MBBS, MD, DTMH, DNB, FRCOG, FRCGP, LLB.
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Glamour Photography



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



Poem & Photos – Viral Parekh



नींद ना आयी तुम्हें मखमली बिस्तर पे भी
हमने तो पत्थर की सेज पे भी सुकून पा लीया

विरल



Photography by Dr. Patrick Basu



Next issue in February 2023

I am bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in February 2023.

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 January, 2023.

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