

REFLECTIONS

Volume 4 Issue 2

01.02.2023

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, and Jayati Sengupta.
- Photography by Patrick Basu, Su-shanta Bhadra & Arunava Bohra.
- Cartoons by Praveen Bhatia
- Poems by Dr. Patrick Basu, Dr. Rohini Patil & Dr. Aashish Arbat

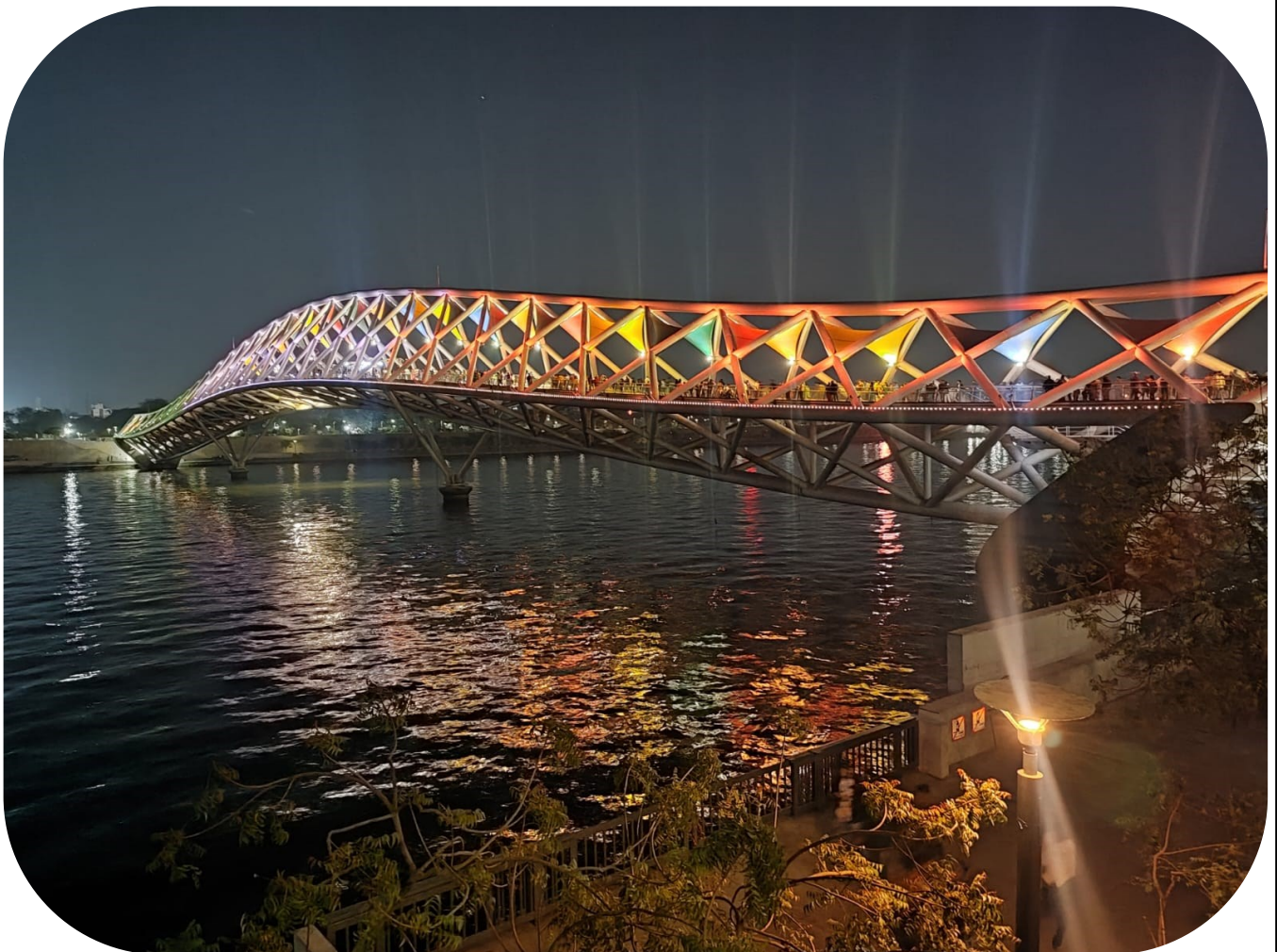
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**Reflections - An e-magazine showcasing the
artistic talents of Medics**

Atal Bridge - Photography by Dr. Dhaval Parekh



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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 35th. issue of Reflections.

Recently, son of a big time Indian industrialist got engaged. Son of that industrialist is obese and his fiancée is slim and good looking. Social media is flooded with memes on their engagement. Most of the memes are critical of husband to be and are making fun of his obesity.

Body shaming is the act of criticizing or making negative comments about someone's physical appearance. There are several reasons why people may indulge in body shaming.

Some people may body shame others as a way to make themselves feel better about their own insecurities. They may use negative comments about others as a way to distract from their own feelings of inadequacy.

Society often promotes certain ideals of beauty and body shape, and those who do not meet these ideals may be subjected to body shaming.

Some people may not understand the impact that their words and actions can have on others, and may engage in body shaming without realizing the harm that it can cause.

Social media has made it easier than ever for people to share their thoughts and opinions, and this has led to an increase in body shaming. People may feel emboldened to make negative comments about others when they are hidden behind a screen.

People often compare themselves to others, and this can lead to feelings of envy or inadequacy. In some cases, people may body shame others as a way to feel superior or better about themselves.

Some people may use body shaming as a way to exert power over others, particularly in cases where the person being shamed is in a vulnerable position.

It is important to recognize that body shaming is harmful and can have serious consequences for the person being shamed. It is important to be mindful of the words we use and how they may impact others and to strive to be more accepting and respectful of people of all body types and sizes.

This issue would not have been possible without the help of Dr. Patrick Basu, Dr. Jayati Sengupta, Dr. Juni Menon, Dr. Rati Vajpeyi, Dr. Sanjeev Handique, Dr. Madhuri Salwe, Dr. Praveen Bhatia, Dr. Arunava Bohra, Dr. Sushanta Bhadra, Dr. Aashish Arbat and Dr. Rohini Patil. I am obliged and sincerely thank all of them.

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Music : Hindustani Classical Music : Bilawal thaat



Bilawal is a thaat in Hindustani classical music, it is one of the ten basic melody types and serves as a foundation for many other ragas. It is characterized by the use of the notes Sa, Re, Ga, Ma, Pa, Dha, and Ni.

Bilawal is considered to be one of the most fundamental and essential thaats in Hindustani classical music. This is because it is considered a parent scale for many other ragas, and the melody types that are derived from it are widely used in classical music performances.

Ragas that belongs to Bilawal thaat are Bhairav, Bihag, Bhupali, Bilawal, Gunkali, and Megh etc. Each of these ragas has its own unique character and evokes a specific emotion or mood.

Bilawal is considered to be a "shudh" (pure) raga and is said to evoke feelings of devotion and serenity. It is typically performed in the morning and is considered to be suitable for both vocal and instrumental performances.

In conclusion, Bilawal is a thaat in Hindustani classical music, it is one of the ten basic melody types and serves as a foundation for many other ragas. It is characterized by the use of the notes Sa, Re, Ga, Ma, Pa, Dha, and Ni.

Art - Paintings & Sketches



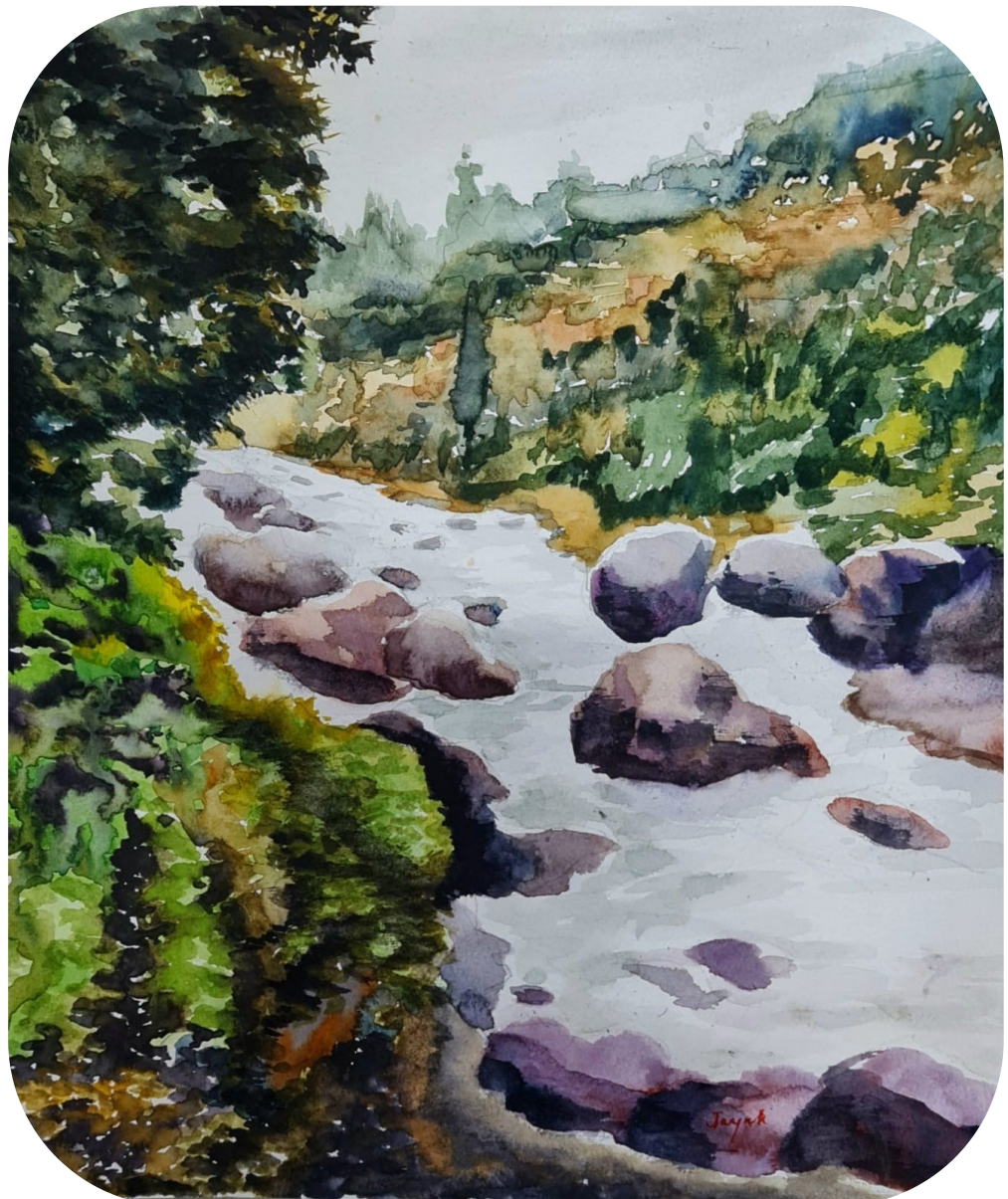
Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician

Dr. Jayati Sengupta , MBBS,MD (PAED), is an alumni of Medical College, Kolkata. She is a Pediatrician with special interest in Pediatric nephrology. She is associated with AMRI hospitals and Institute of child health Kolkata as a consultant.

Though art was always a passion, she could not follow it up due to various reasons. She has started painting seriously for the past 2 years and have participated in several exhibitions. She uses the small income generated from the sale of her paintings to donate to charities close to her heart. Here are some of her paintings on water. I am sure you will love her art.

**"It is life, I think,
to watch the wa-
ter. A man can
learn so many
things."
— Nicholas
Sparks, The Note-
book**

**"Human nature is
like water. It
takes the shape
of its container."
— Wallace Ste-
vens**



Art - Paintings & Sketches



Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician



Art - Paintings & Sketches



Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician

**"They both listened silently to the water, which to them was not just water, but the voice of life, the voice of Being, the voice of perpetual Becoming."
— Hermann Hesse, Siddhartha**



Art - Paintings & Sketches



Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician



Art - Paintings & Sketches



Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician



Art - Paintings & Sketches



Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician



Art - Paintings & Sketches



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

**"Every human is
an artist. The
dream of your
life is to make
beautiful art."
Don Miguel Ruiz**

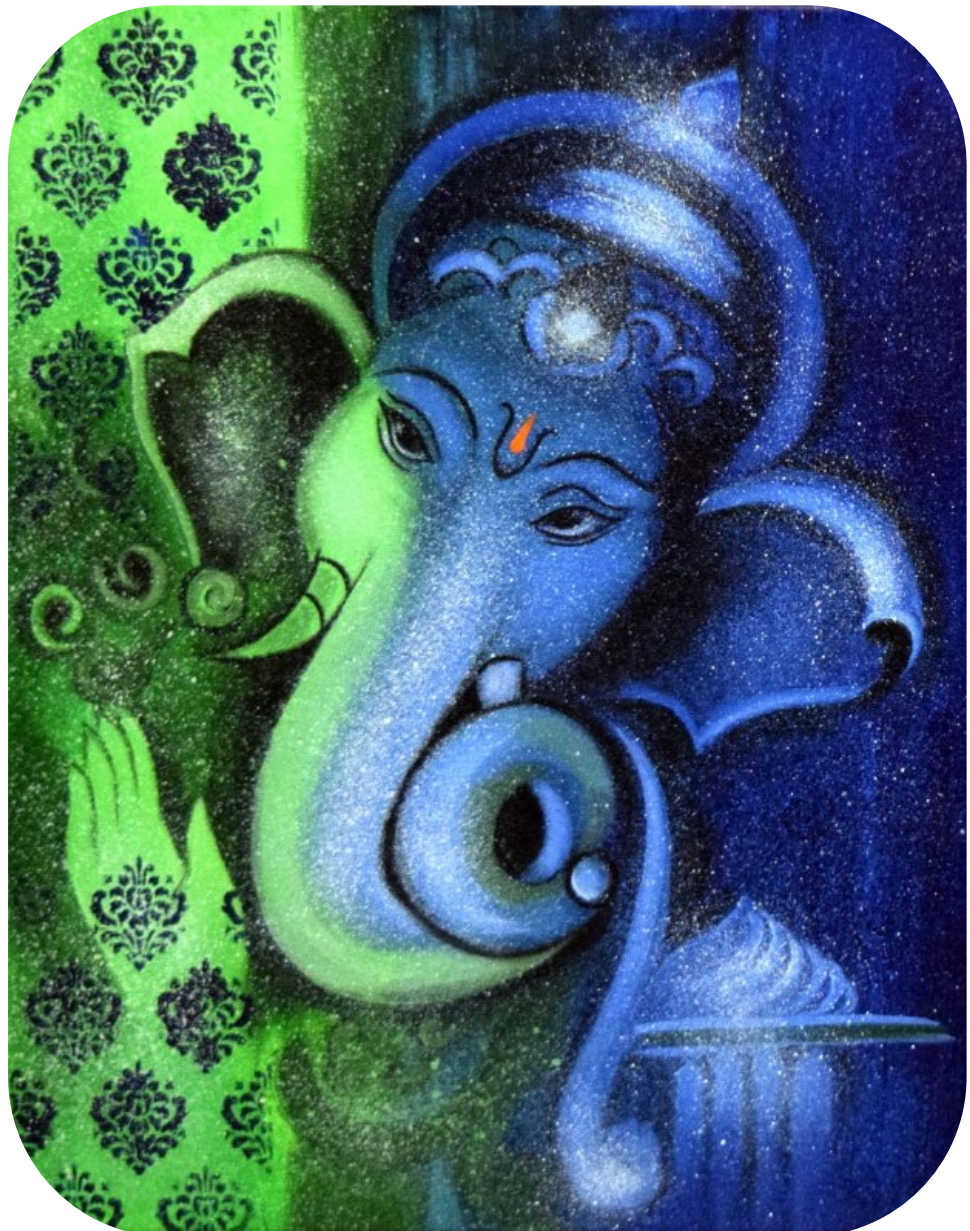
**"Art is the only
way to run away
without leaving
home." Twyla
Tharp**

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



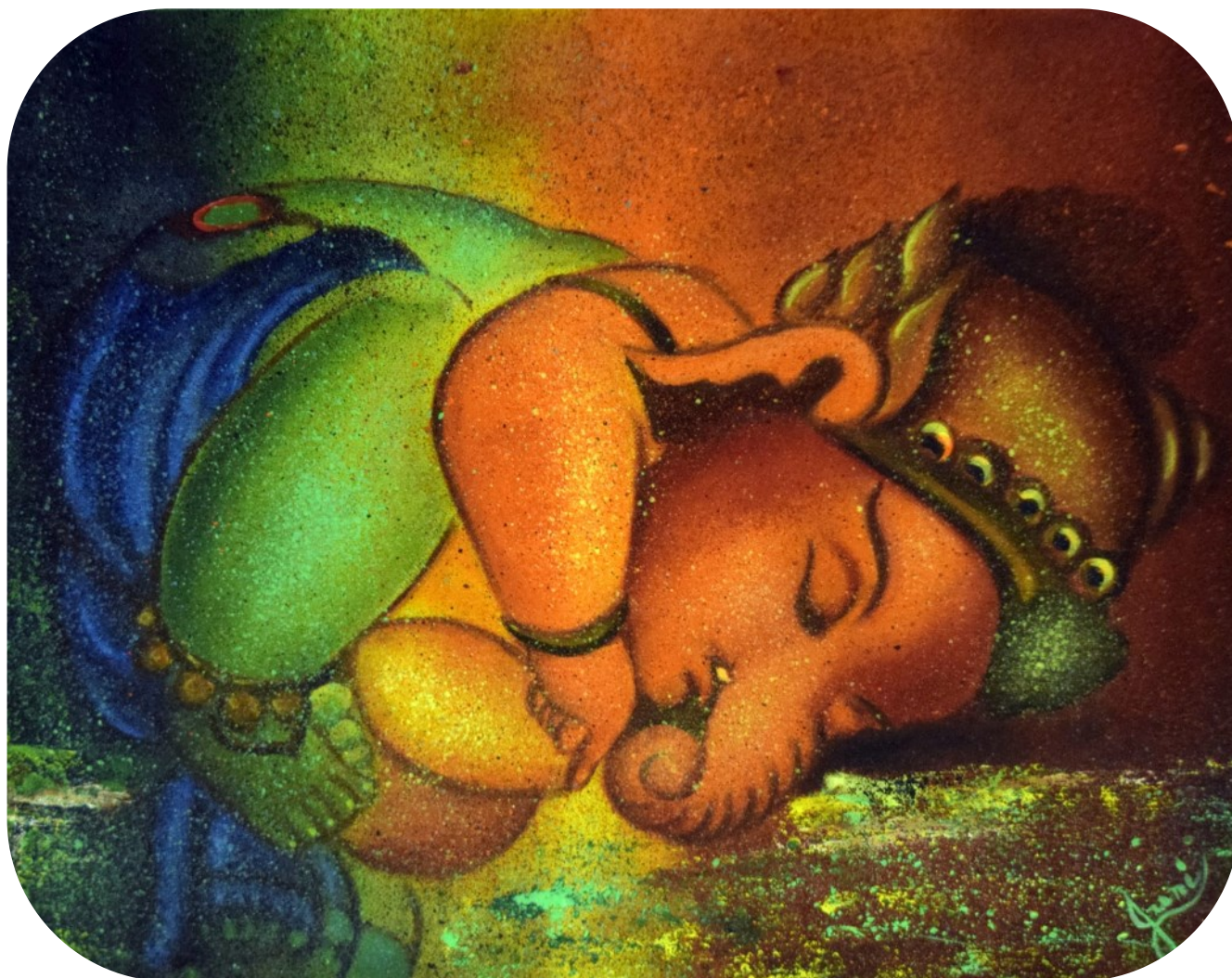
Dr Juni Menon
MBBS, MS, DO. DNB,
Ophthalmic Surgeon
Arogya Medical
Centre
Surat, Gujarat



Art - Paintings & Sketches



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



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

Friday Model in water colour

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.

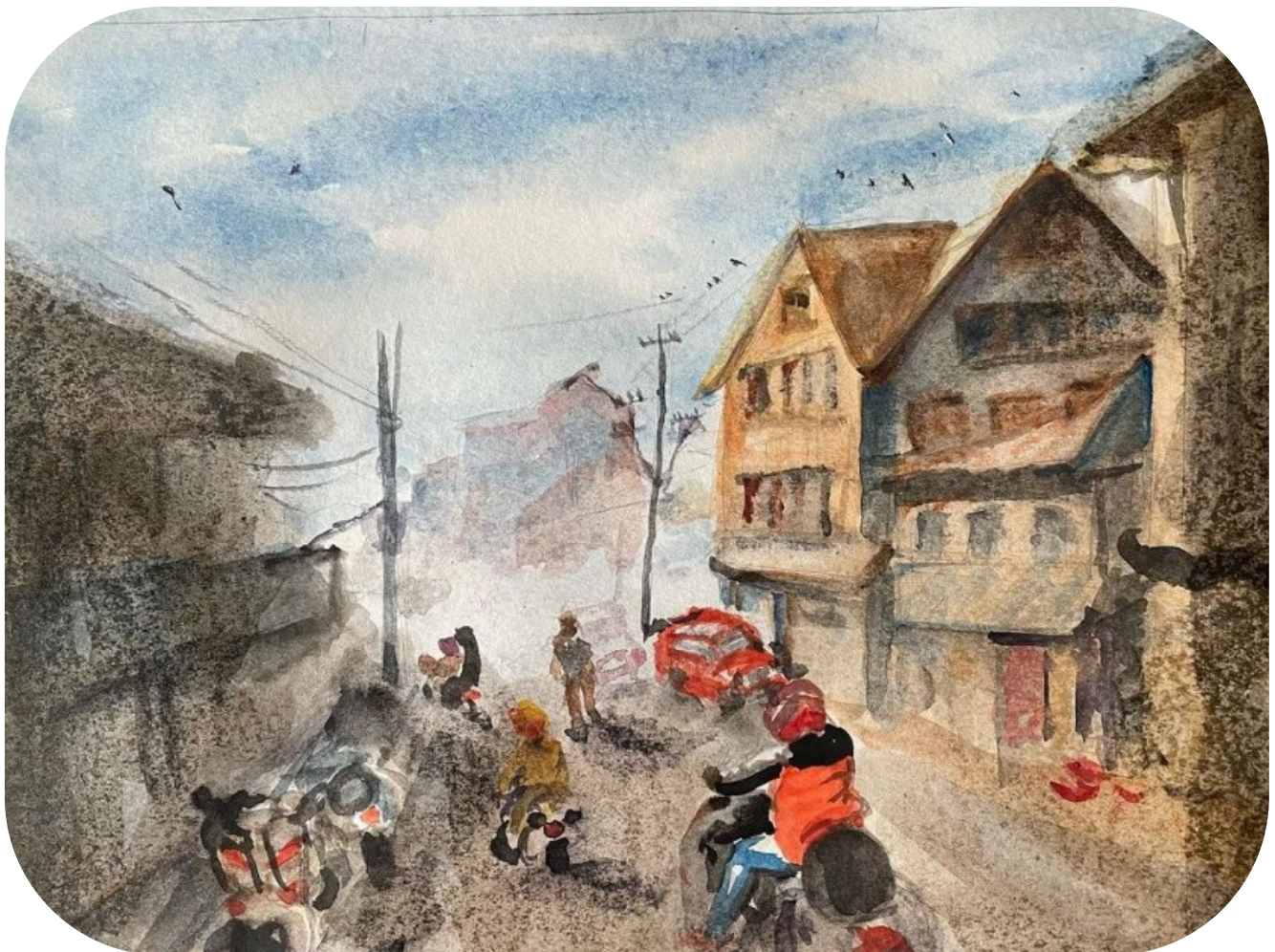


Art - Paintings & Sketches



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

What a mess. !!!! That's urban life. Learning to navigate. Thanks to Artefacto



Art - Paintings & Sketches



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

Waiting for transport? TGIF Watercolour study



Art - Paintings & Sketches



Dr. Sanjeev Handique, MBBS, MD ; is a friend and fellow Radiologist from Guwahati. He is Director Radiology & Imaging GNRC Sixmile Hospital, Guwahati, Assam. 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.



A small sketch of a traditional Shillong home done as an illustration for a calendar by Shillong Homes. This is a no profit initiative by my friend Calvin Lyngdoh to create awareness about our beautiful but fast disappearing traditional homes.

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.

"Art is the only serious thing in the world. And the artist is the only person who is never serious."
Oscar Wilde

"Art without emotion is like chocolate cake without sugar. It makes you gag." Laurie Halse Anderson



Art - Paintings & Sketches



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

"The aim of art is to represent not the outward appearance of things, but their inward significance." Aristotle

"Art should comfort the disturbed and disturb the comfortable."
Banksy



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.

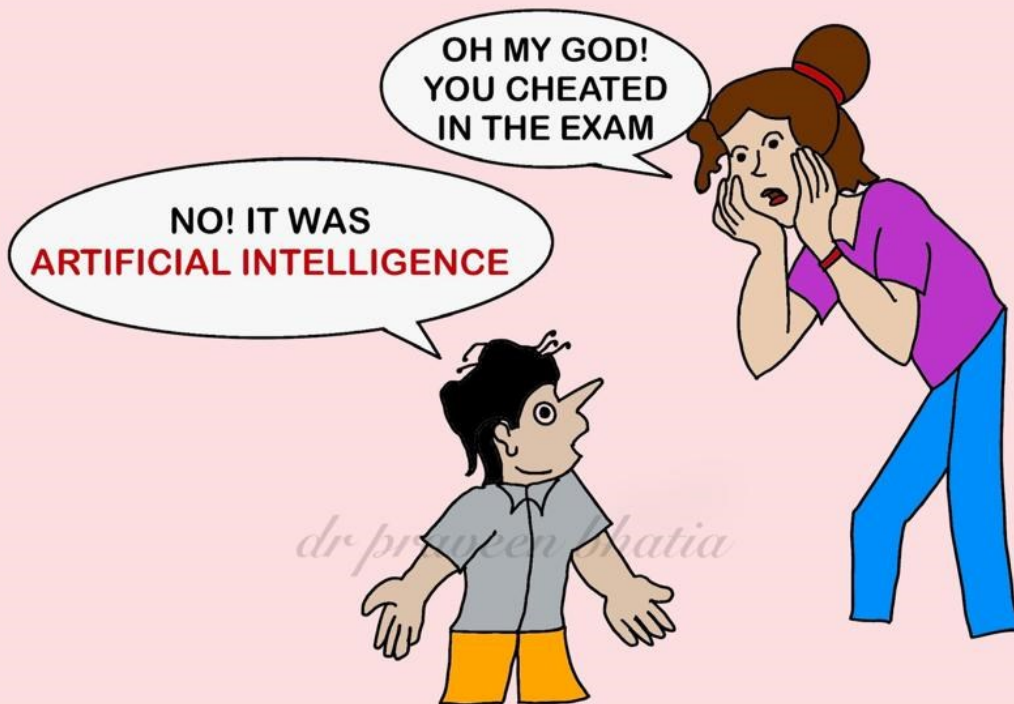


"The only way to get through life is to laugh your way through it. You either have to laugh or cry. I prefer to laugh. Crying gives me a headache."

Humour



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist



dr praveen bhatia

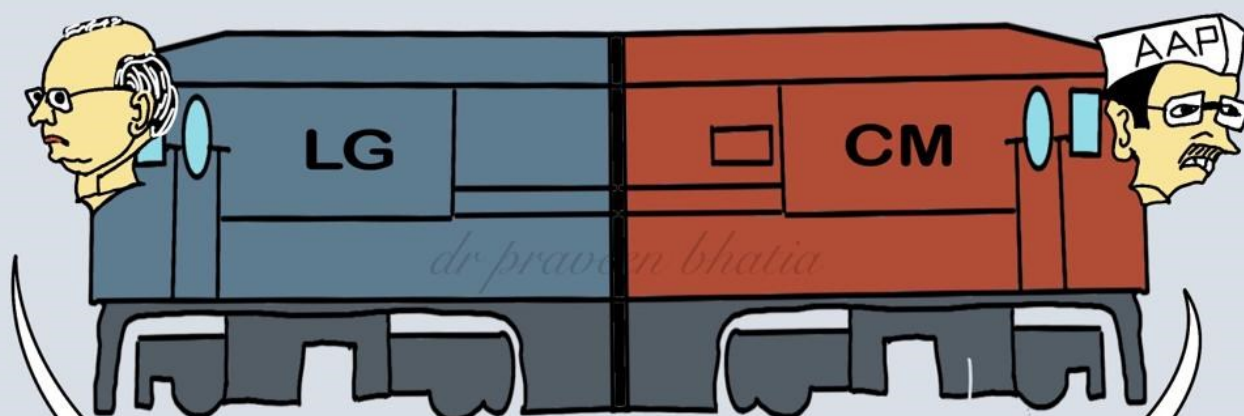
dr praveen bhatia

Humour



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

DOUBLE ENGINE SARKAR



यह चलती क्यों नहीं ?

dr praveen bhatia

dr praveen bhatia

यह चलती क्यों नहीं ?

Photography



Dr. Patrick Basu, MD
Gastroenterologist
New York,
USA.

Dr. Basu is Assistant Clinical Professor of Medicine Columbia University, New York Division Chief of Gastroenterology & GI Endoscopy, North Shore University Hospital at Forest Hills and Director of Liver Disease & Hepatology Fellowship, Kings County Medical Center.

Co-Chair of Clinical Research at New York Hospital of Queens (major affiliate of New York Presbyterian Health System.

Beside being an excellent academician, he has keen interest in literature, photography and film making. He is member of American Poetic society. He is a film graduate from TISH film school in NY. He was part of the Film jury of IAAC council in NY.

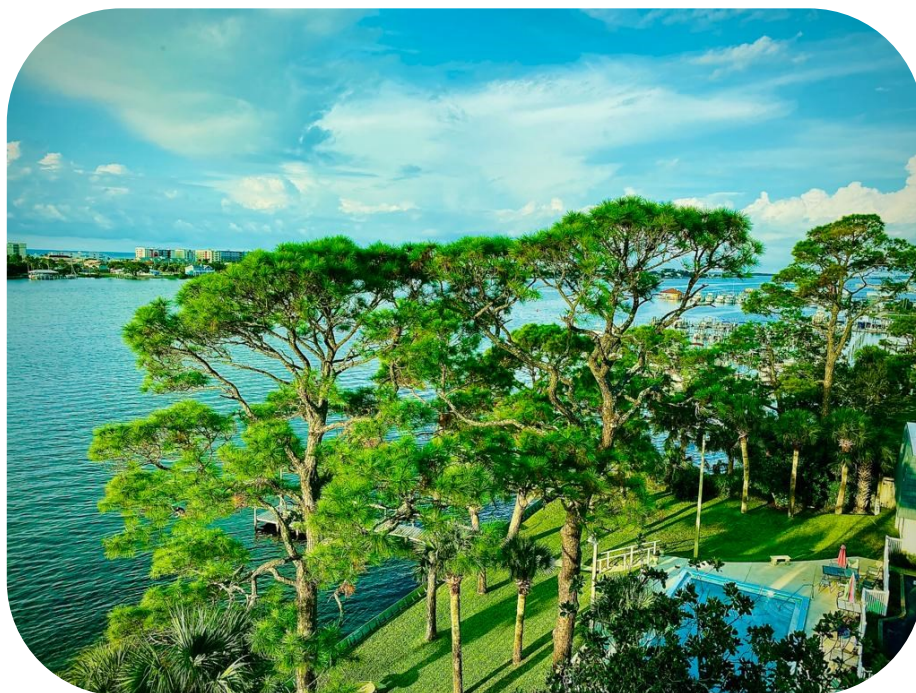
Here is one of his poems, which was published in NY times. I am sure you will love it.



Photography



Dr. Patrick Basu, MD
Gastroenterologist
New York,
USA.



Astrophotography

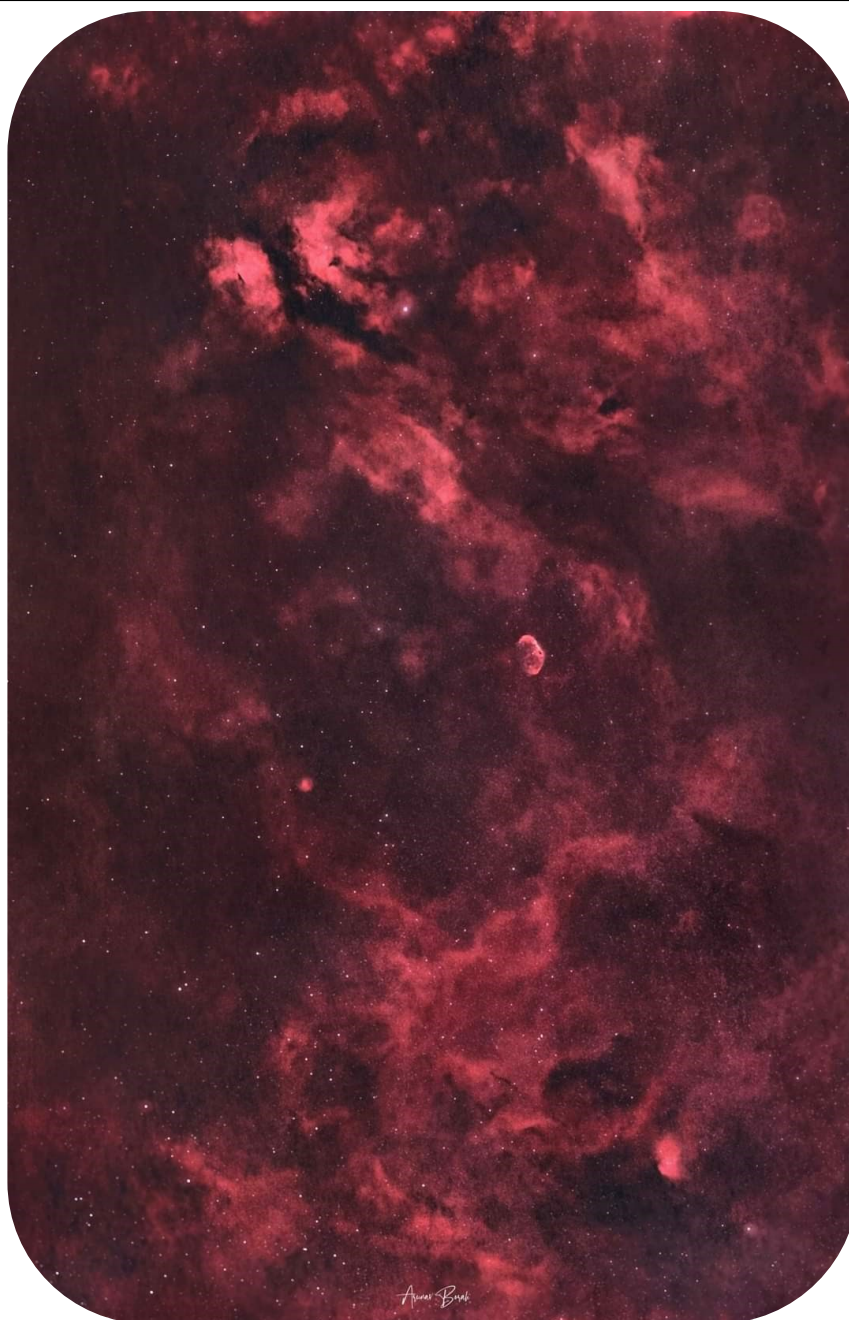


Dr. Arunava Borah,
MBBS,MD
Assistant Professor
Department of Forensic Medicine,
Dhubri Medical College & Hospital,
Assam.

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.

The image here shows a star field rich in nebulosity ranging from the Butterfly Nebula on top left, Baby Crescent Nebula/ Brain nebula in centre to the Tulip Nebula in right lower region of the frame.



Astrophotography



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

The Wizard Nebula is a collection of interstellar gas surrounding the open star cluster, NGC 7380. It lies approximately 7200 light-years away from Earth. The combination of interstellar gas and dust in this deep sky object has created a shape that resembles a sorcerer, or, wizard



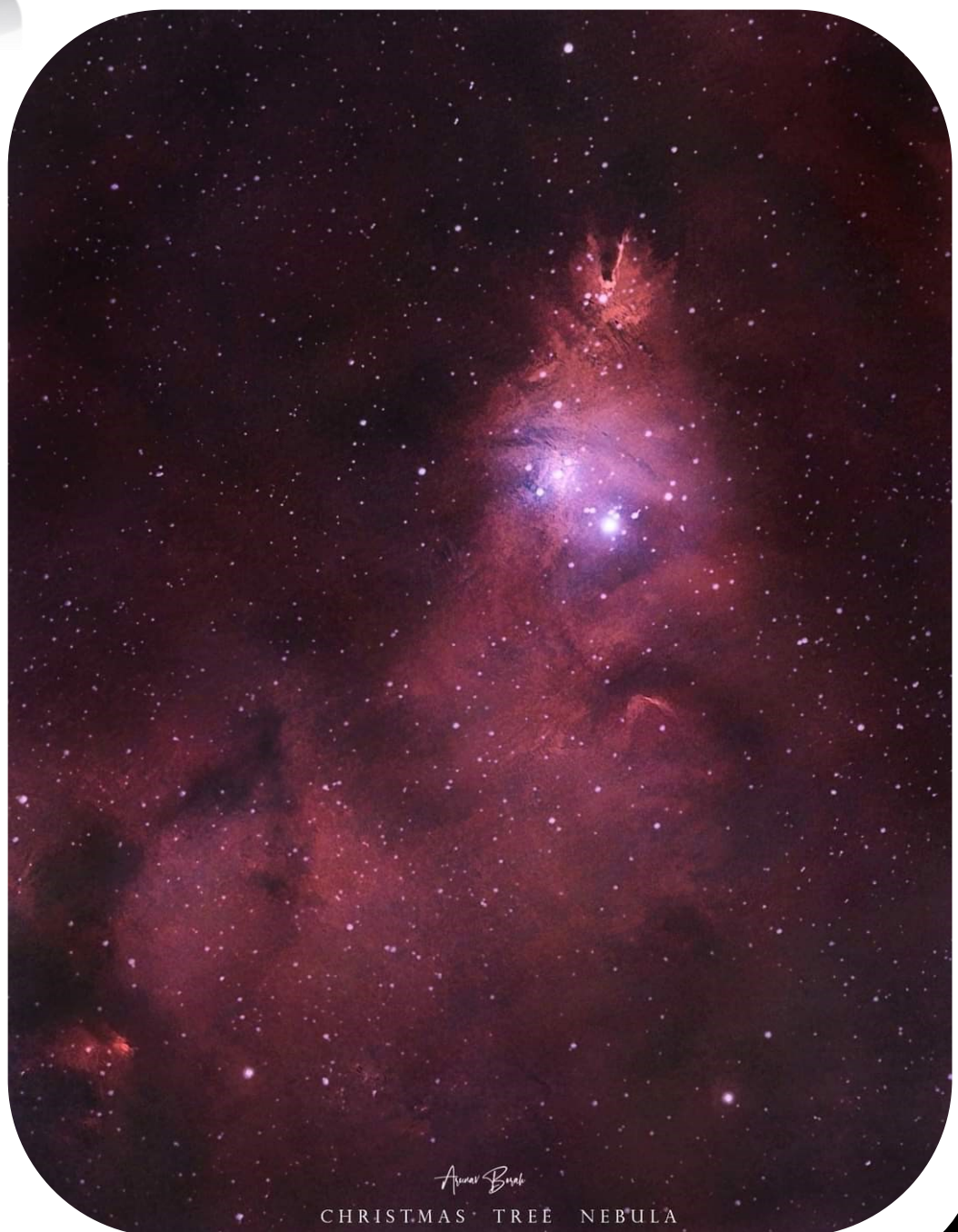
Arunava Borah
WIZARD NEBULA

Astrophotography



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

Christmas Tree
Nebula.



Aruna Borah
CHRISTMAS TREE NEBULA

CHRISTMAS TREE NEBULA

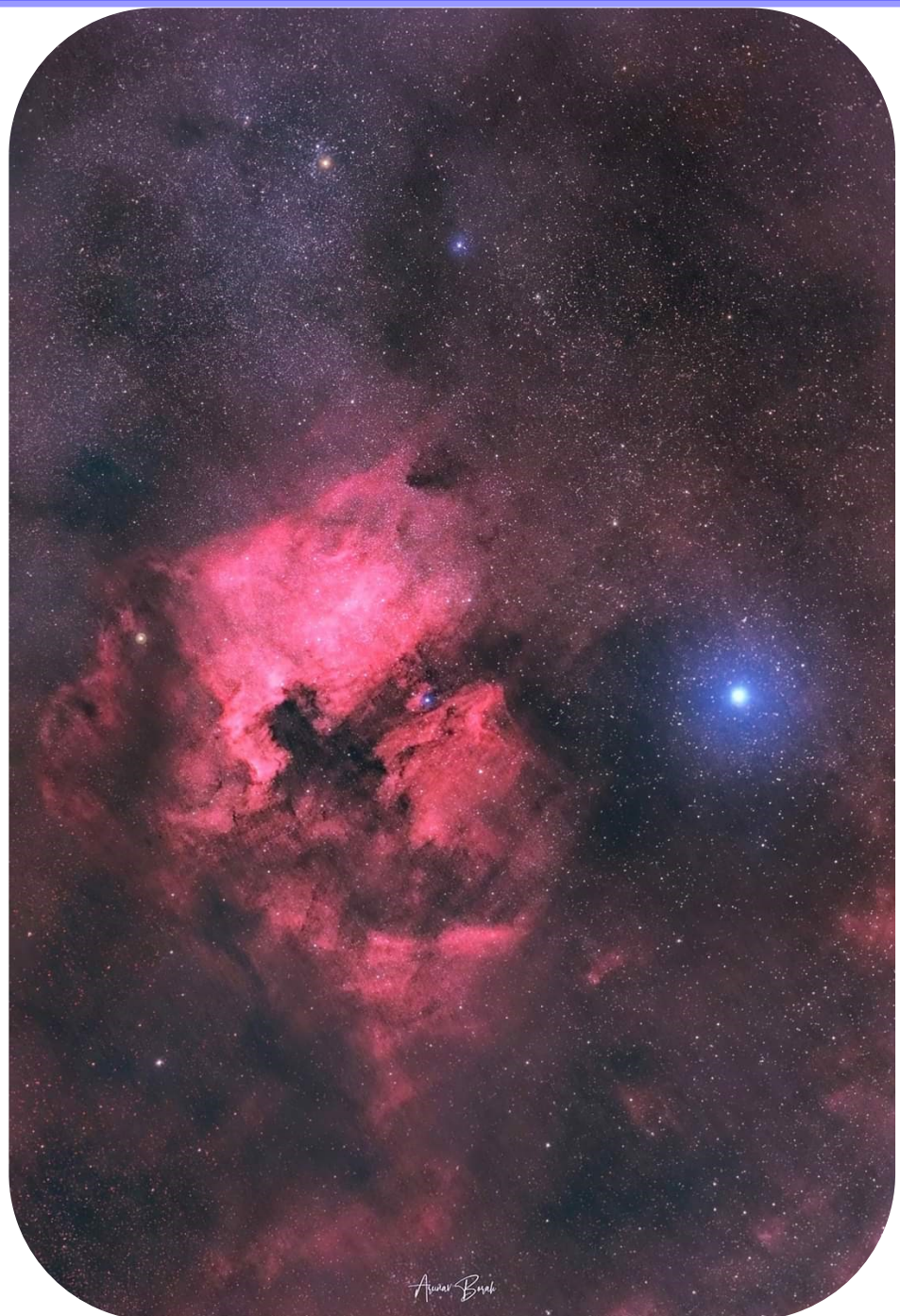
Aruna Borah

Astrophotography



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

North America
Nebula.



Arunava Borah

Astrophotography



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



Astrophotography



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

The Cocoon Nebula is located in a crowded field of stars within the constellation Cygnus. The Cocoon Nebula a compact star-forming region, with a long trail of obscuring interstellar dust clouds. This nebula is almost 15 light-years wide and located 4,000 light-years away. It is comprised of a molecular cloud, which is a giant condensation of dust and molecular gas. All stars are born in molecular clouds. The Cocoon Nebula is considered to be one of many "stellar nurseries".



Arunava Borah
COCOON NEBULA

COCOON NEBULA

Arunava Borah

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.

"Elegance is a glowing inner peace. Grace is an ability to give as well as to receive and be thankful. Mystery is a hidden laugh always ready to surface! Glamour only radiates if there is a sublime courage & bravery within: glamour is like the moon; it only shines because the sun is there."
— C. JoyBell C.



Glamour Photography



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

**"Glamour cannot
exist without per-
sonal social envy
being a common
and widespread
emotion."
— John Berger**



Glamour Photography



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

**"Beautiful things
aren't always glam-
orous, it sometimes
come with lessons
and reboots, and that
is the beauty of liv-
ing."
— Goitsewang Mvu-
la**



Glamour Photography



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



Glamour Photography



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North Bexley PCN
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Glamour Photography



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



Literature - Poem



Dr. Patrick Basu, MD
Gastroenterologist
New York,
USA.

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Co-Chair of Clinical Research at New York Hospital of Queens (major affiliate of New York Presbyterian Health System).

Beside being an excellent academician, he has keen interest in literature, photography and film making. He is member of American Poetic society. He is a film graduate from TISH film school in NY. He was part of the Film jury of IAAC council in NY.

Here is one of his poems, which was published in NY times. I am sure you will love it.

Capricious rain

I was afraid of Capricious Rain
Showered with the mistral
Painted the slumbering summer
With a colourless rainbow

Who was afraid of Capricious Rain
Sudden drops of countless crystals
Over the top of my brain
Etched the horizon with painful
rainbows

We were afraid of capricious rain
Captured the sky without a cloud
Promised the city walls sounds not
loud

With the colours of sublime silence
Colourless graffiti on anaemic rain-
bows

You were afraid of capricious rain
Dropped on million window pane

Hurried foot steps for a futile shelter
Smudged the Helpless sky with imag-
inary rainbows

She was afraid of Capricious rain
With a burst of storm with thunder
Quenched heartless souls to render
Sprinkled sky with a fistful of rain-
bows

She was never afraid of capricious
rain
Scribbled our destiny with passionate
pain

Vanished in darkness for ever
Sketched her smile with rainless rain-
bows

I was afraid of Capricious rain
Destroyed the deciduous dreams
With Silent vengeance without means
Painted the loveless life on cloudless
Rainbows

Literature - Poem



Dr. Aashish Manohar Arbat
MCH (Ortho) RCS UK, MS
(Ortho) Mumbai.

Internationally Acclaimed
Joint Replacement & Arthroscopy Surgeon

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drarbat@gmail.com <http://draashisharbat.com>

Dr. Aashish Arbat is a renowned robotic joint Replacement orthopaedic surgeon in Pune. He did his Mch Orthopaedics. from Royal College of Surgeons, London, UK in 2007. He did his (M.S. – Orth) Master in Surgery from K.E.M, University of Mumbai, India in 2005. He did his M.B.B.S with Hons. From University of Mumbai, India in 2000.

Dr Aashish Arbat writes poem. He had not written since many years.....but his friend and my fellow radiologist Dr. Disha Bongale insisted to write for Reflection.....and he just wrote this instantly. I am sure you will like it.

प्रस्तावना :इस दौर की कई जंगो को मददे नजर रखते हुए एक शायर की दुवा इन पंक्तियों मे लिखते है डॉ. आशिष अर्बट |

क्या बनना चाहा हमने,
ये क्या बने जा रहे हम |

किस मंज़िल की हमें आराजू थी,
ये कहा बढे जा रहे है हम |

फूलोको रहो पर बिखेरना चाहा,
आज कांटोपे चले आ रहे है हम |

क्या बनना चाहा हमने,
ये क्या बने जा रहे हम |

जिंदगी को रोशनी से भरना चाहा,
आज अँधेरेमे खोये जा रहे हम |

गर्व था हमें अपनी खुददारी पर,
आज मजबूरी मे धसे जा रहे हम |

क्या बनना चाहा हमने,
ये क्या बने जा रहे हम |

दूध की गंगा बहानी चाही,
आज खून का सागर बना रहे हम |

महोबबत का गालीचा बूंदना चाहा,
आज नफ़रत का जंगला बुने जा रहे हम |

क्या बनना चाहा हमने,
ये क्या बने जा रहे हम |

जिन्होंने लूट लिया अपना कतरा कतरा,
उन्हेंही खुदा माने जा रहे हम |

Literature - Poem



Dr. Rohini Patil
MBBS, DGO
Consultant G&O
Vasai, Maharashtra,

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 Vidyalyaya in Kathak Nritya. She is about to publish a booklet of four liners. Here is one of her poems.

THOSE PRECIOUS 15 MINUTES

....And then the alarm goes...

A stir a glance

Stop that snooze

Quite early ...that

Some aftermath

Today am bang on time

Concrete plans to sublime

Am in total control

Let the new day roll

Positive thoughts amass...

Tiffin in minutes

School bus gone

Maid is on time

As clock shows nine

Lunch n dinner sorted

Breakfast table laid

Job schedule followed

Not a sec wasted

Time to hit the T.V.

Whole day was so busy..

And want to go to bed

Am tired ,nearly dead....

Suddenly it strikes to me...

The day has slowly begun....

What finished was just a rehearsal

What was planned :is still undone....

What was planned :is still undone....
What finished was just a rehearsal
The day has slowly begun....

Photography - Dr. Patrick Basu



Next issue in March 2023

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