

REFLECTIONS

Volume 4 Issue 3

01.03.2023

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

Photography by Dr. Patrick Basu



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- Paintings by Bhupendra Manocha, Rati Vajpeyi, Sanjeev Handique, and Punya Brata Das.
- Travelogue by Dr. Bharat Parekh
- Photography by Patrick Basu, Su-shanta Bhadra & Arunava Bohra.
- Cartoons by Praveen Bhatia
- Poems by Dr. Patrick Basu & Dr. Rohini Patil

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Radiologist's Musings - Dr. Viral Parekh

Hi!, Namaste,

I am very happy to present here yet another, in fact the 36th issue of Reflections. Wish you all a very happy Holi.

Recently, Australian cricket team is touring India and so far two test matches have been played and two more test matches are yet to be played. 2nd. Test match was played at New Delhi which is home town of Virat Kohli, one of the finest cricketer in present times and so far the most successful Indian captain. During the test match at New Delhi, one very heartening incident had taken place. Virat Kohli had ordered Chhole & Kulche from some local non-descript joint in Delhi. Virat used to savour these Chhole-Kulche from this joint when he was nobody. He has not forgotten that food till now and still gets very excited seeing his favourite food delivered at stadium during the match. Virat is a big star now and he is worth billions. What is heartening here is that he has not forgotten his roots.

Remembering one's roots can be an important part of a person's identity, sense of belonging, and overall personal growth. It can be easy to get caught up in the hustle and bustle of everyday life, but taking the time to reflect on where we come from can help us appreciate our journey and the people and experiences that have shaped us.

For many people, their hometown or country of origin is a significant part of their identity. It can represent family ties, childhood memories, and cultural traditions. Even if someone has moved away or lives in a different place now, they may still feel a deep connection to their roots.

Whether it's our family history, cultural heritage, or community traditions, our roots can provide a sense of grounding and purpose in our lives. They can also help us understand and connect with others from different backgrounds, fostering empathy and respect.

Matshona Dhliwayo has rightly said that "If you know where you are from, it is harder for people to stop you where you are going." Never forget where you came from, but never let that hold you back from where you want to go. Always remember your roots. They are the foundation of your life and the wings of your future.

This issue would not have been possible without the help of Dr. Bharat Parekh, Dr. Patrick Basu, Dr. Juni Menon, Dr. Rati Vajpeyi, Dr. Sanjeev Handique, Dr. Punya Bra-ta Das, Dr. Praveen Bhatia, Dr. Arunava Bohra, Dr. Sushanta Bhadra, and Dr. Rohini Patil. I am obliged and sincerely thank all of them.

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Music : Hindustani Classical Music : Bilawal thaat



Khamaj is one of the ten parent scales or thaats in Indian classical music. It has a total of seven notes, and its basic structure is:

Sa Re Ga Ma Pa Dha Ni Sa

In Western music notation, these notes correspond to: C D E F G A B C

The specific intervals between these notes can vary slightly depending on the style of music being played, but the basic pattern is always the same.

Several ragas are based on the Khamaj thaat, and each raga has its own unique character and mood. Some of the popular ragas based on Khamaj are:

Raga Khamaj: This is one of the popular ragas based on the Khamaj thaat. It is a late evening raga that is often associated with romantic or devotional music. The raga uses all the seven notes of the Khamaj thaat and has a characteristic phrase 'Ni Re Ga Ma' which is often used to define the raga.

Raga Desh: This is another popular raga based on the Khamaj thaat. It is a morning raga that is often associated with the rainy season. The raga uses all the seven notes of the Khamaj thaat, and it has a distinct descending phrase 'Ni Re Sa Ga Ma Pa'.

Raga Tilak Kamod: This is a late evening raga that is often associated with the monsoon season. The raga uses all the seven notes of the Khamaj thaat and has a characteristic phrase 'Ma Re Ga Ma' which is often used to define the raga.

Raga Jhinjhoti: This is an evening raga that is often associated with the spring season. The raga uses all the seven notes of the Khamaj thaat and has a characteristic phrase 'Ga Ma Re Sa' which is often used to define the raga.

These are just a few examples of the ragas based on the Khamaj thaat. Each raga has its own unique characteristics, and they are often associated with specific times of the day or year.

Paintings by Dr. Juni Menon

Travelogue - Dr. Bharat Parekh



Dr. Bharat Parekh, MD
Senior Radiologist

Dr Bharat Parekh, a senior retired Radiologist from Mumbai, former Chairman of Indian College of Radiology & Imaging and the first recipient of “Prof S K Basu Roy Choudhary” oration of West Bengal.

With the help and guidance of Dr. Parekh, I had organised may Radiology conferences and CMEs in Kolkata.

Dr. Parekh has retired now and devotes his time to social service, singing and travelling. Here is his travelogue on New Zealand.



Friends, Greetings from Auckland, New Zealand's largest city situated between two large harbours and dotted with 48 extinct volcanic cones. We took a 1.2 km track up to a dormant volcano on top of Mount Eden and its mouth is surprisingly covered with grass rather than volcanic rocks. One gets a 360 degree aerial view of the city of Auckland. The city is where one can enjoy marine adventures, wine trails, forest walks and urban sophistication.

Next we took a ferry across the bay to the Island of Davenport- a quaint little historic island across the bay, full of cafés, restaurants, art shops and souvenirs. A hillock- Mount Victoria or Takarunga called in local lingo is the original Māori name and means 'hill standing above,' which is in reference to its height above adjacent Takararo / Mt Cambria which was a third maunga in Devonport. The track goes winding round the hill to give 360 degree view of the harbour and the rest of the city and other islands around it. Used as a military position against a feared Russian invasion at the end of the 19th century, Takarunga / Mt Victoria has one of the last remaining disappearing guns in the world.

Travelogue - Dr. Bharat Parekh



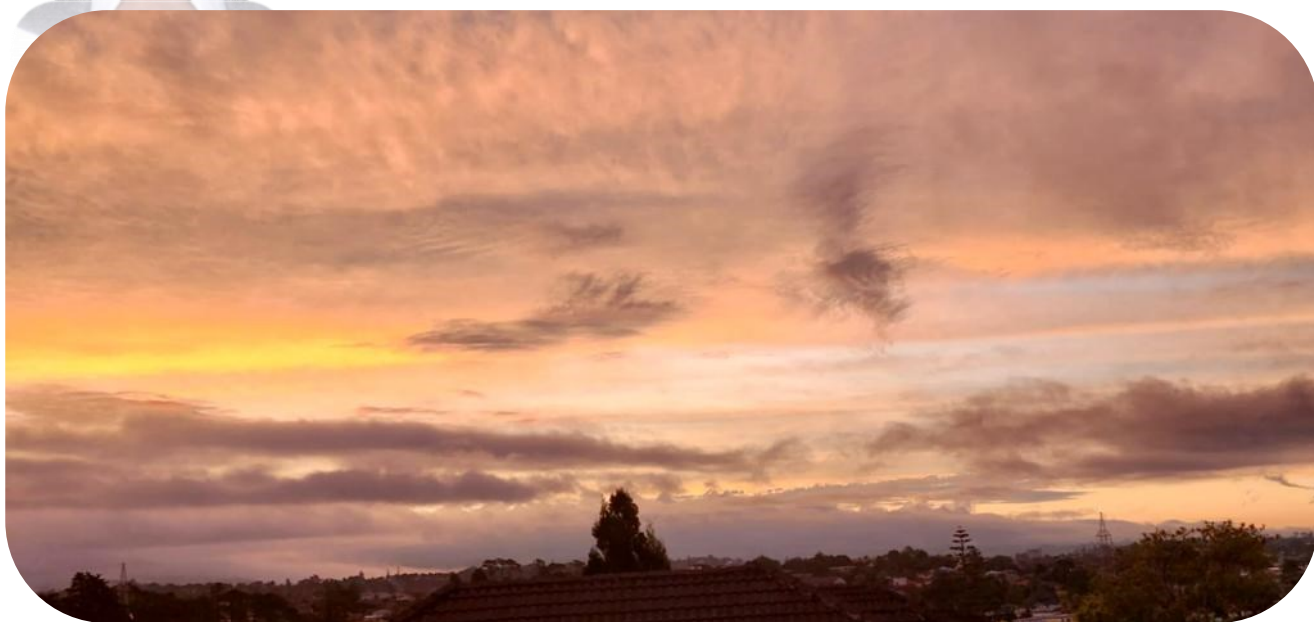
Dr. Bharat Parekh, MD
Senior Radiologist



Travelogue - Dr. Bharat Parekh



Dr. Bharat Parekh, MD
Senior Radiologist



Travelogue - Dr. Bharat Parekh



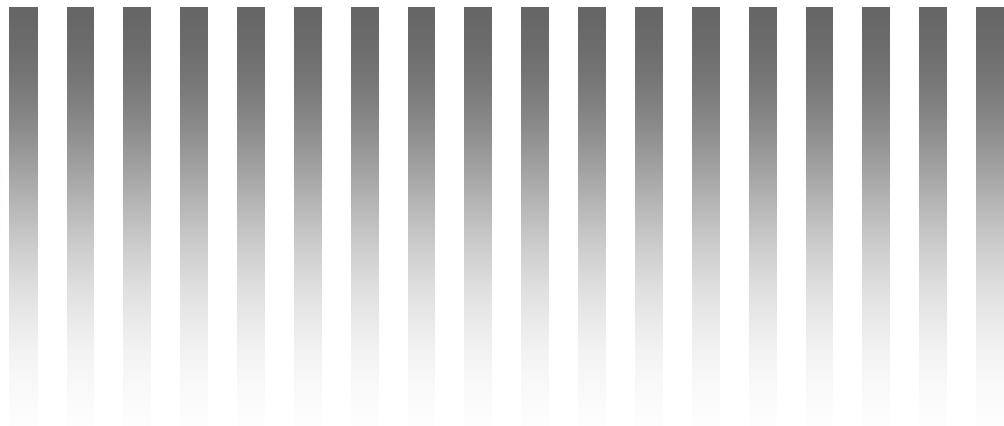
Dr. Bharat Parekh, MD
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Travelogue - Dr. Bharat Parekh



Dr. Bharat Parekh, MD
Senior Radiologist

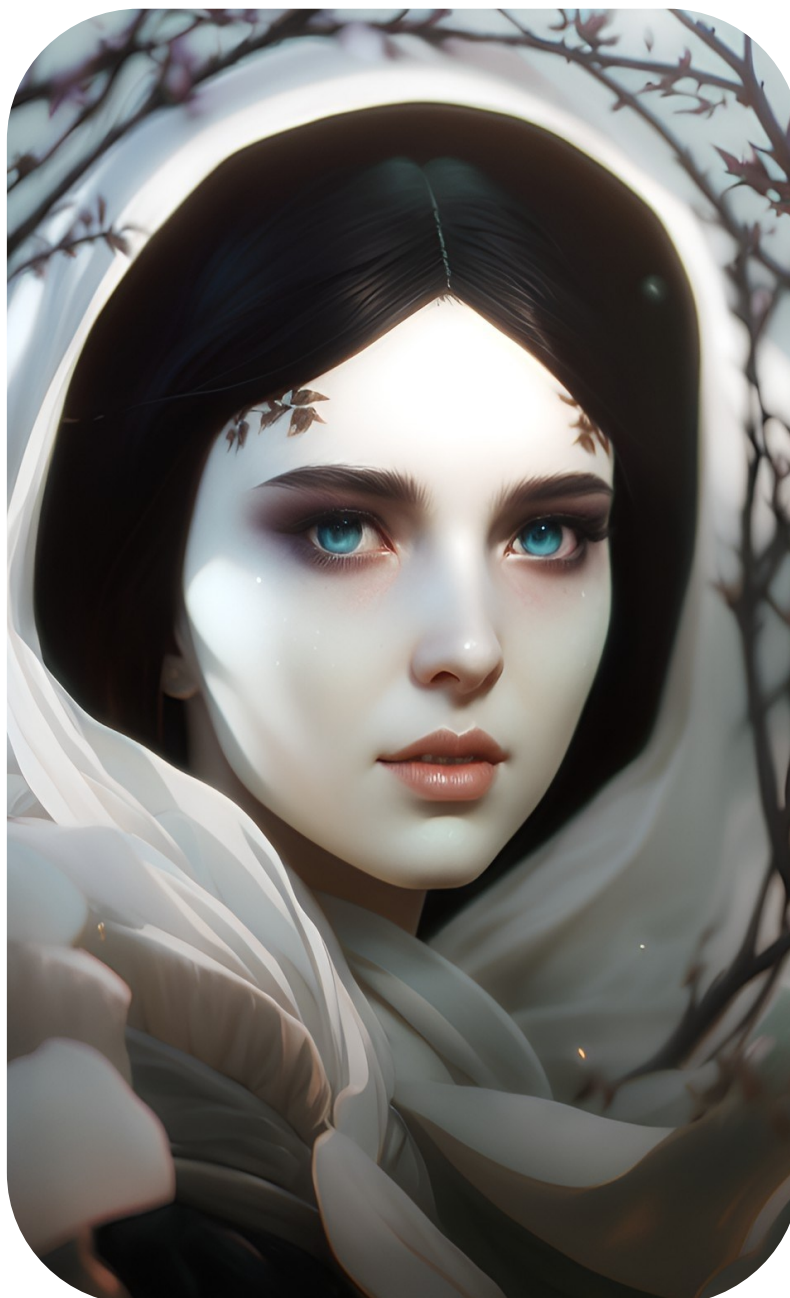


Art - Paintings & Sketches



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist

Dr. Punyabrata Das is also a fellow Radiologist. He is consultant at MSA and Sun Diagnostics, Alipurduar, West Bengal. He never had formal training in arts. He picked up skills through observation. He experiments with different mediums including pencil, oil, watercolor and lately digital art. Besides being a painter, he is a good singer and can sing in multiple languages including Spanish and Arabic. He is a good dancer too. World is moving towards Artificial intelligence and therefore heterogeneously enhancing has recreated / converted some of his watercolour and pencil sketches into digital artworks. I am sure you will love them.



Art - Paintings & Sketches



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist



Art - Paintings & Sketches



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist



Art - Paintings & Sketches



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist



Art - Paintings & Sketches



Dr Rati Chand Vajpeyi

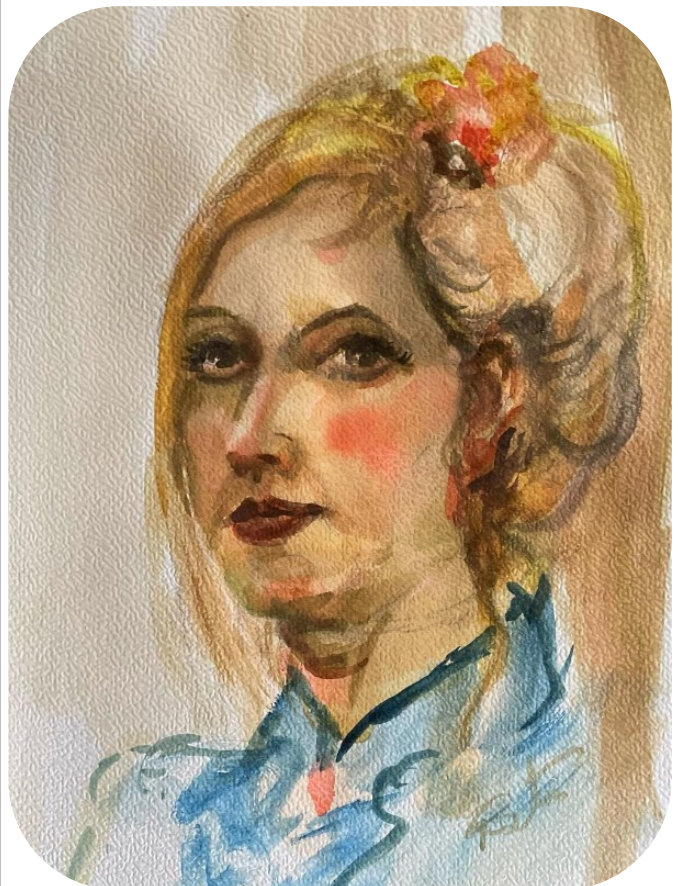
MD (PGI) Rad.Onc,
FISCC (OX) , CAN-
coach, CRA,

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

Moonlyn 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.

Seasons come and go but are always beautiful. Acrylic on canvas



Art - Paintings & Sketches



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

Watercolour and the gemlike hues



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.



Tug in the Brahmaputra. Small sketch in my Strathmore sketchbook.

Art - Paintings & Sketches



Dr B. K. Manocha

MBBS, MD.

Consultant Paediatrician and Neonatologist.

Dr. Bhupendra Kumar Manocha is a very senior Pediatrician and Neonatologist, practicing in Kolkata for the last forty years. He is a Consultant Pediatrician at Park Clinic and Bhagirathi Neotia Hospital. He is sketching since childhood. He had an exhibition of his sketches for a cause in 2017.

Basically, he specialises in sketching. Here are some of his sketches on mother and child. I am sure you will love them.



Art - Paintings & Sketches



Dr B. K. Manocha

MBBS, MD.

Consultant Paediatrician and Neonatologist.



Art - Paintings & Sketches



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Art - Paintings & Sketches



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Art - Paintings & Sketches



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MBBS, MD.

Consultant Paediatrician and Neonatologist.



Art - Paintings & Sketches



Dr B. K. Manocha

MBBS, MD.

Consultant Paediatrician and Neonatologist.



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.

EARTH QUAKE STRIKES TÜRKIYE & SYRIA



HINDENBURG

BBC

"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

खानदानी दवाखाना



dr praveen bhatia

ସୂକ୍ଷ୍ମ ହିଁସ୍ ଗୁଣ୍ଡ ଝରା

These cartoons are just for fun and no offense is meant to any person or any organisation

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.

Comet C/2022 E3 ZTF seen passing near the famous Hyades Star cluster with faint surrounding dusts. The orange bright star is the Aldebaran.



Astrophotography



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

As the Comet ZTF is leaving our Solar system, its putting up some final light show by passing near various nebulae and star cluster. The comet is currently 83,090,336 kilometres from Earth and the star cluster is 1800 lightyears away from Earth.



Aruna Borah

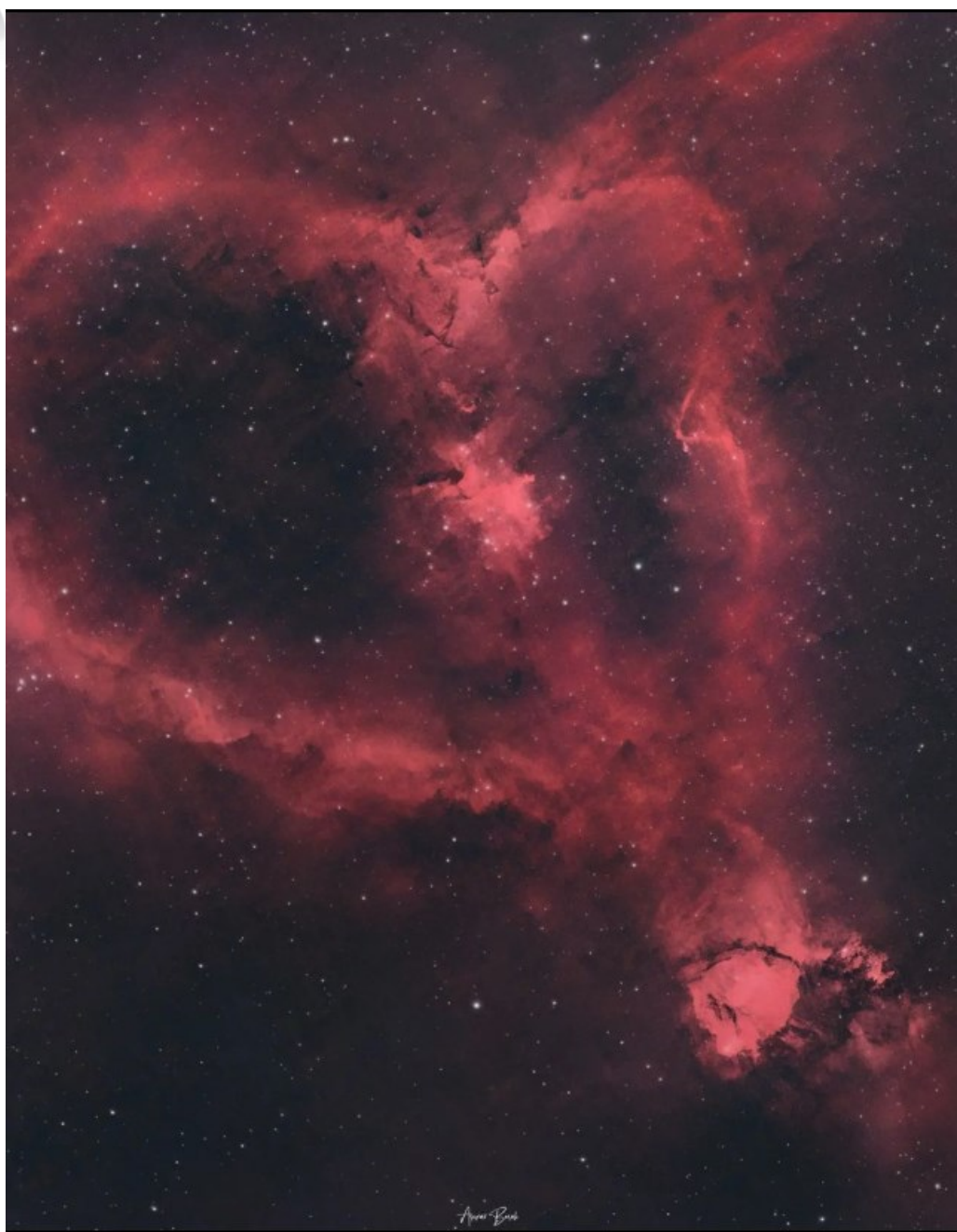
Aruna Borah

Astrophotography



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

The heart
Nebula

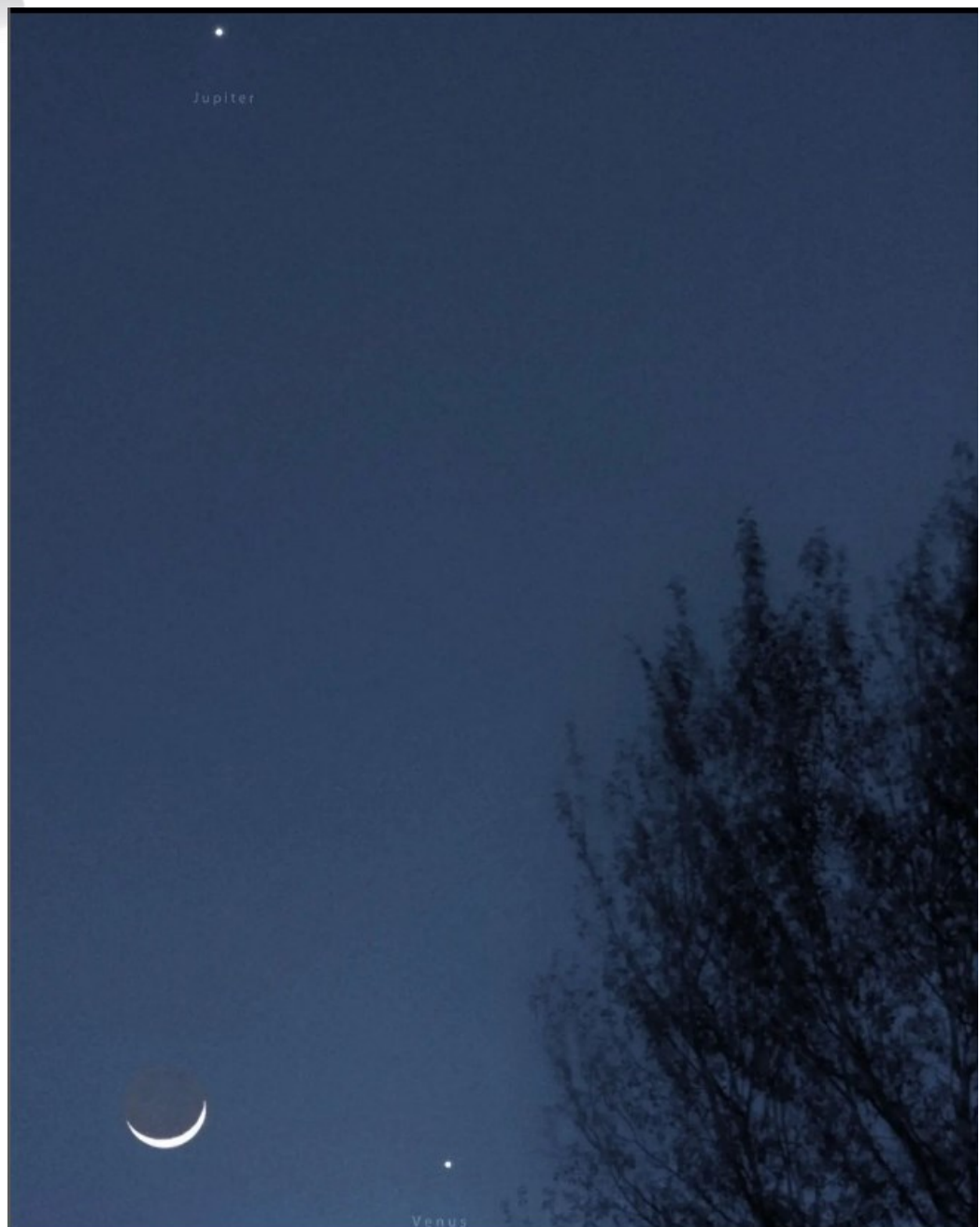


Astrophotography



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MBBS,MD
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Department of Forensic Medicine,
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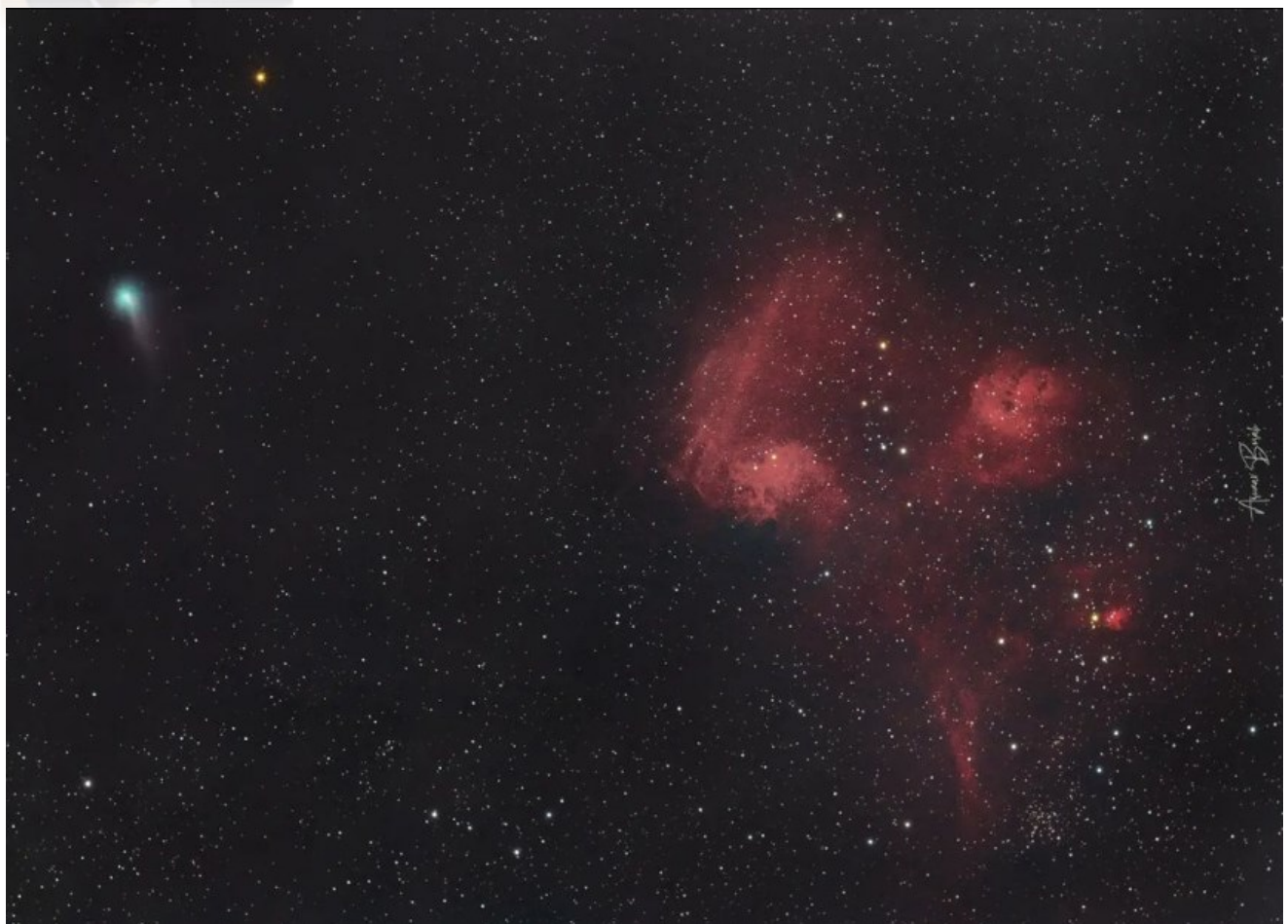
Three celestial
bodies namely
Jupiter, Venus
and the crescent
Moon in one
frame.



Astrophotography



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



Comet C/2022 E3 ZTF is seen grazing along the edges of Auriga constellation. In this image, the comet is seen near one of the stars of the constellation named Hassaleh (at left topside)

Below lies the Flaming star Nebula, the Tadpole nebula and various star clusters of Auriga.

Astrophotography



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



Arunava Borah

Comet C/2022 E3 ZTF

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.

"Beautiful things aren't always glamorous, it sometimes come with lessons and reboots, and that is the beauty of living."

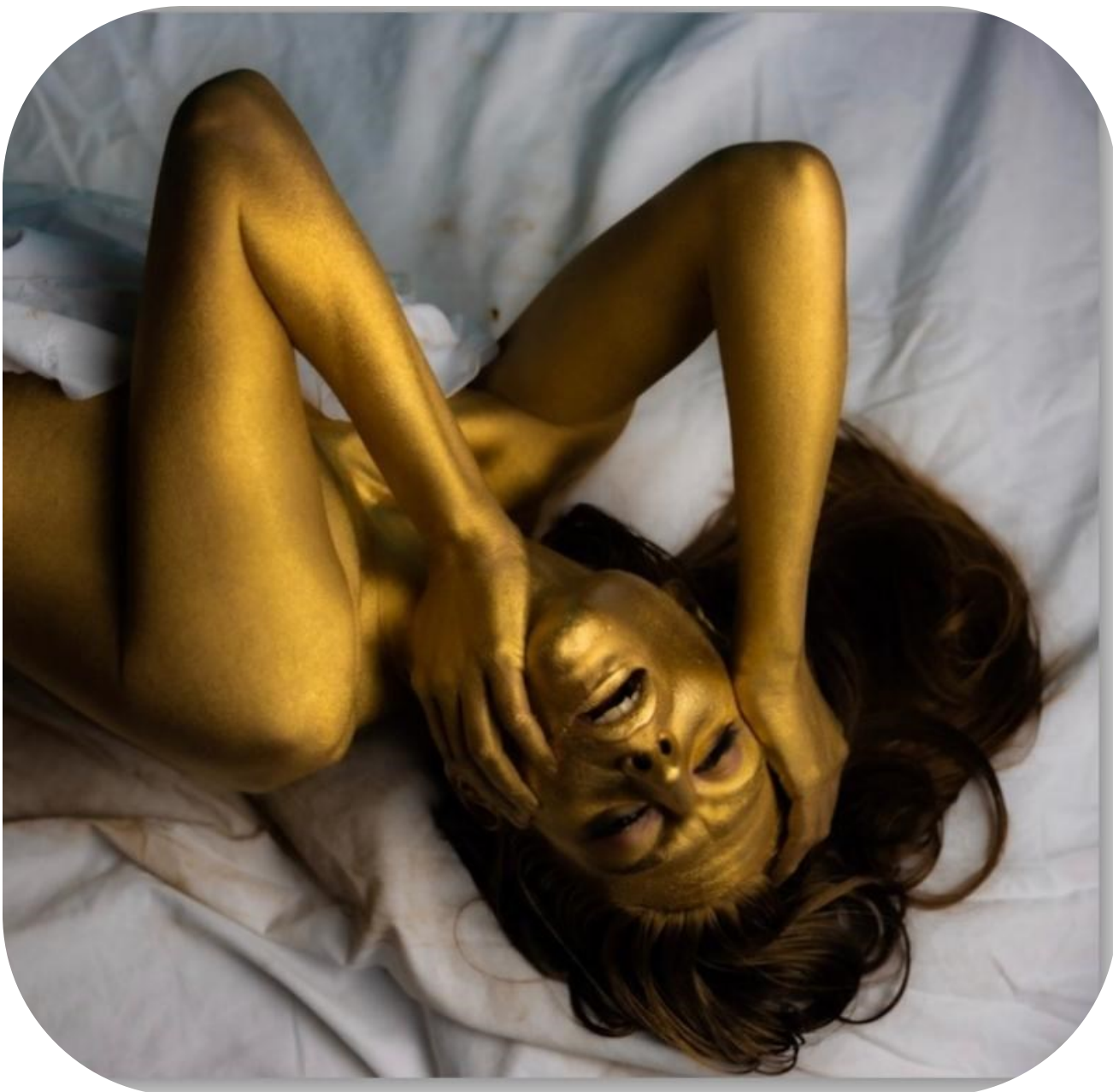
— Goitsewang Mvula



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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Glamour Photography



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Glamour Photography



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Glamour Photography



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



Literature - Poem



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.

That only night (Almost love)

**This night is just for you and I
This tune is just for us
Only together
Perhaps for me I hope just me
I will stop the night to end
With all my might and send
Only the moon can help
Keep the night stay for ever
Beg the stars life to lend
Not the cruel sun to glow
The mystic cloud ever to flow
This night to remain .**

**This night was only for us
Just you and I
That tune performed our love
Birds dared to hum to disturb
Clouds whispered to the dove
Moon echoed to impersonate**

**Air whistled to resonate
The sounds followed the silence**

**That night is still for us
Us and us together
The moments of us and life
Never need wine to imbibe
Celebrate the soul of sun
Effulgence of million stars
Lonely moon but not far
Planets lined in promenade
Silence made the colonnade
The night watch the accolade
Just with us**

**And us
That night is still with us
That night will be with us
For our lives to memorize
Us and just us**

Contd.

Literature - Poem



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

**Bustled in the crowd one lazy
afternoon on cruise July That
only night (Almost love)**

This night is just for you and I
This tune is just for us
Only together
Perhaps for me I hope just
me
I will stop the night to end
With all my might and send
Only the moon can help
Keep the night stay for ever
Beg the stars life to lend
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This night to remain .

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That night will be with us
For our lives to memorize
Us and just us

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 Manaata", 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.

UPWAAS

Nothing to boast about

Nothing to tell or shout.

Upwaas is to stay quiet

On a meagre diet

Do good deeds

No more greed

Peace at heart

Not act smart

Work with conviction

Full dedication

Not just a break

Keep wide awake

Gather yourself

And

Repair your inner self....

Repair your inner self....

Photography - Dr. Viral Parekh



Next issue in April 2023

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