

REFLECTIONS

Volume 4 Issue 5

01.05.2023

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

Photography by Dr. Arunava Borah



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Special points of interest:

- Paintings by Dr. Sanjeev Handique, Dr. Juni Menon, Dr. Varsha Vaishnav and Dr. Sushma Marulkar
- Travelogues by Dr. Bharat Parekh
- Photography by Dr. Sushanta Bhadra & Arunava Bohra.
- Cartoons by Praveen Bhatia
- Poem by Dr. Viral Parekh

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

Radiologist's Musings - Dr. Viral Parekh

Hi!, Namaste,

I am very happy to present the 38th issue of Reflections.

All through our life we run around to establish our career and enjoy less. Let me finish this work , after that I will take a vacation. We give more importance to wealth and possessions but never realise that money spent or lost can be earned back but lost time can not be earned back. We all have finite time and it is of utmost importance to use that time wisely. So, what matters in life is TODAY. Not yesterday or tomorrow. Enjoy your today, make optimum use of today.

Time is also the dimension in which we live our lives, experience happiness, learn new skills, create memories, and achieve our goals.

But how often do we waste our time on things that don't matter or don't support our dreams? How often do we spend hours scrolling through social media, watching TV, gossiping, or procrastinating? How often do we neglect our health, our relationships, our hobbies, or our passions because we think we don't have enough time?

Lil Wayne has right said that "The more time you spend contemplating what you should have done... you lose valuable time planning what you can and will do."

We all have tendency to waste out time on things which are irrelevant. Mehmet Murat Ildan has said an absolute truth that "The very valuable time of the humanity often passes with the incredible stupidities and with the local matters not worth a penny!" He has also said that "Do not discuss the religious matters with people; do not waste your valuable time to discuss the untruth! Your time is short; spend it for the science and the art!"

A flower can be planted anytime during the year, but if you want it to grow into a beautiful plant with colourful petals, then you must provide it with enough sunlight, water, and soil. You cannot tell time to wait for your instructions; thus, you must use time in the most efficient way possible to get things done. It is the same with our lives. We have a limited amount of time on this earth, and we need to spend it wisely if we want to accomplish our goals and dreams.

This issue would not have been possible without the help of Dr. Bharat Parekh, Dr. Juni Menon, Dr. Sanjeev Handique, Dr. Sushma Marulkar, Dr. Praveen Bhatia, Dr. Arunava Bohra, Dr. Sushanta Bhadra, and Dr. Varsha Vaishnav. I am obliged and sincerely thank all of them.

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Music : Hindustani Classical Music : Asavari thaat



Asavari Thaats Basics

Asavari thaat is one of the ten basic scales or parent scales in Hindustani classical music. It consists of seven notes: Sa Re Ga Ma Pa Dha Ni Sa, where Re, Ga, Dha and Ni are komal (flat) and Ma is shuddha (natural). The asavari thaat is also known as the minor scale in Western music.

The asavari thaat is associated with emotions of sadness, devotion, and tranquility. It is often used in morning ragas, such as Asavari, Jaunpuri, Darbari Kanada and Adana. The asavari thaat can also be used to create ragas with different moods and flavors by changing the vadi (sonant) and samvadi (consonant) notes, or by adding or omitting some notes.

Some of the common features of ragas belonging to the asavari thaat are:

- The use of komal Re and komal Dha as important notes
- The use of shuddha Ma as a resting note
- The use of komal Ni as a passing note
- The use of arohi (ascending) and avarohi (descending) movements such as Sa Re Ga Ma Pa Dha Ni Sa and Sa Ni Dha Pa Ma Ga Re Sa

The asavari thaat is a versatile and expressive scale that can be used to create beautiful melodies and compositions. It is one of the most popular thaats in Hindustani classical music and has a rich history and tradition.

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.

Visiting New Zealand was on my bucket list for past over 5 years having heard some rave reviews of it's natural beauty so it became a chosen destination when the pandemic was over and New Zealand relaxed its regulation to allow tourism for Indians.

This was the time when many in the world resorted to vengeance tourism and took the opportunity to travel after a lull of 2-3yrs of COVID.

Our very close friends Ashok & Bhavna Shah decided to join us with the same eagerness as ours to tour NZ. They also had their Indian friends Philip Shippi & his wife Roshni Salway from Mumbai who had migrated and settled in Auckland two decades back. It was their very cordial invitation that we all stayed with them in their large comfortable home. Though my wife Kanan & I felt a bit awkward at first to accept it as we didn't know them well but after experiencing their warmth, friendship and hospitality we realised that had we not met them it would have been a big loss to us. Such humble, kind and loving couple. We felt very fortunate to get acquainted to them. So Roshni was too kind to have taken few days off from work and rented a large car to take us in an around Auckland.

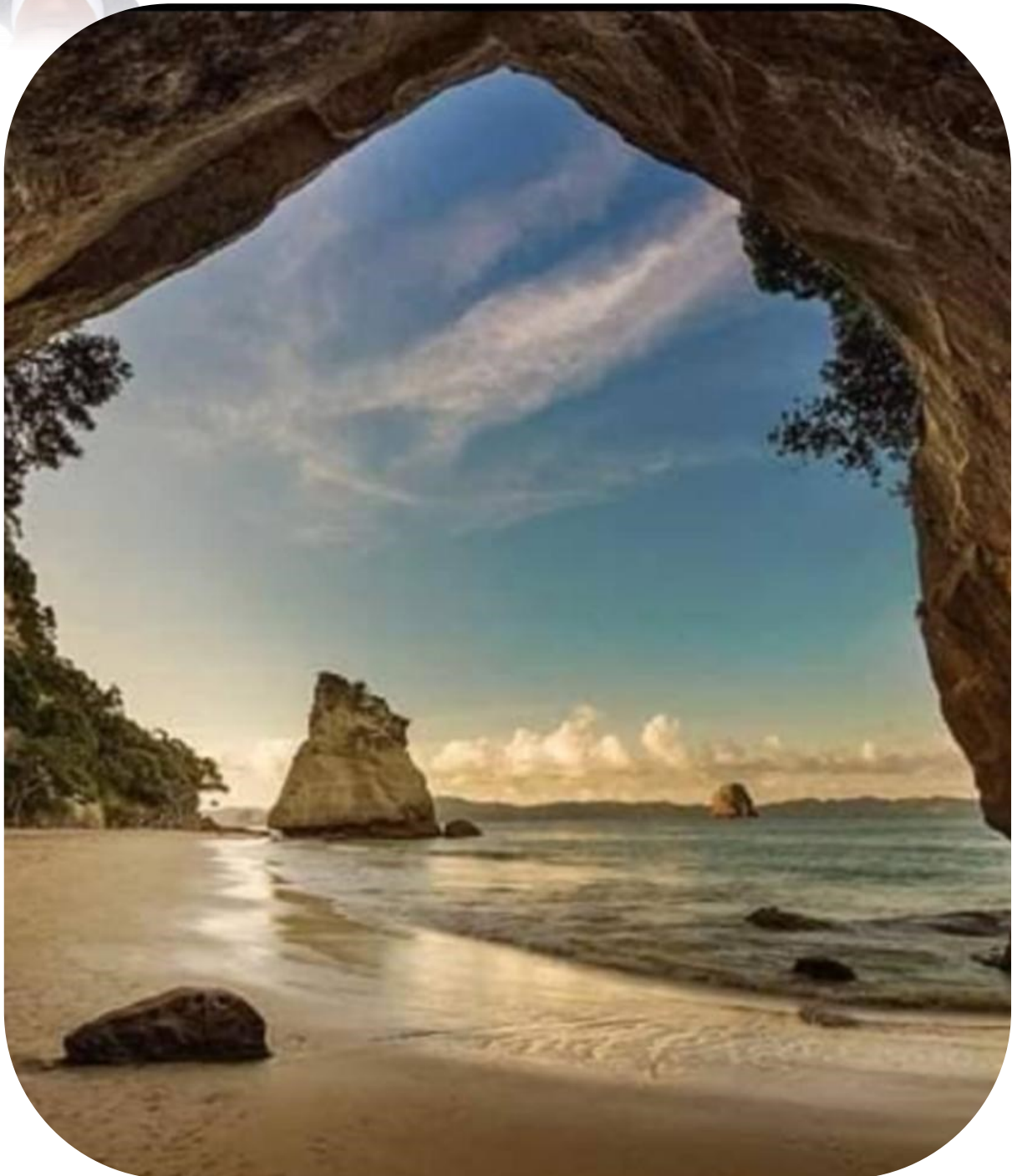
One of the days she drove us 1.5 hrs out of Auckland to the Coromandel Peninsula known for its natural beauty, green valleys, misty rainforests and pristine golden beaches. The Coromandel is blessed with hundreds of hideaways, making it an ideal place to escape. A holiday paradise, the Coromandel is known for its gold-mining history as well as its stunning sceneries. An important landmark there is Cathedral Cove- Natural formation of a volcanic rock on the beach at Coromandel Peninsula, East of Auckland city (see photos). This landscape reminded me of Halong Bay in Vietnam which we visited some years back.

On the evening before we left Auckland we hosted a dinner out to a nice restaurant for the Salways but unfortunately Philip could not join due to his ill health and Roshni introduced us to some very exotic dishes we had never tried before (photos). June onwards I will continue writing the travelogue of the rest of our trip of NZ every month. So enjoy!!!

Travelogue - Dr. Bharat Parekh



Dr. Bharat Parekh, MD
Senior Radiologist



Travelogue - Dr. Bharat Parekh



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Senior Radiologist



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Senior Radiologist



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
Senior Radiologist



Mezze Platter



Stuffed Eggplant



Dolma



Art - Paintings & Sketches



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

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 & 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

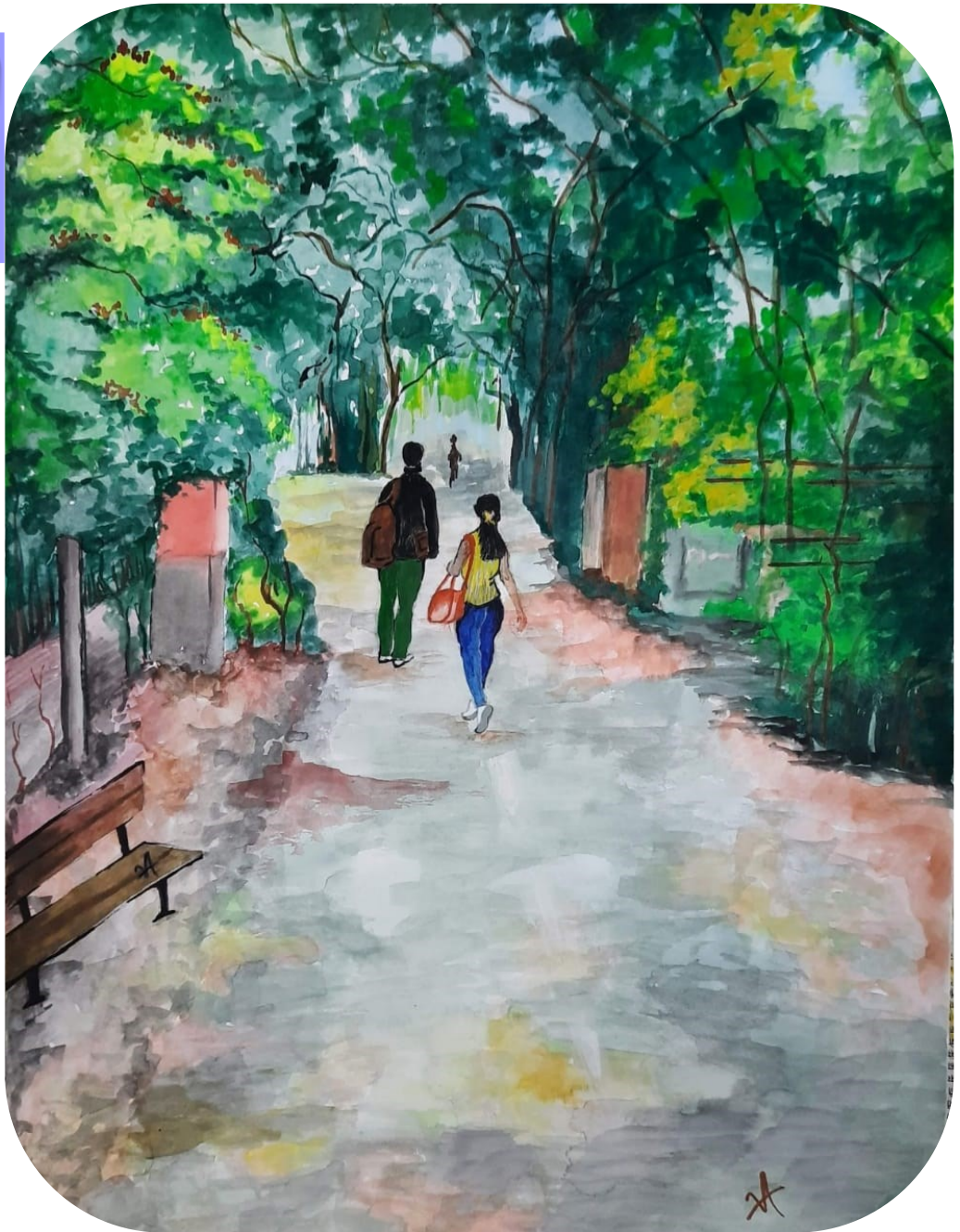


Art - Paintings & Sketches



Dr. Varsha Vaishnav is an ophthalmologist by profession and she practices in beautiful city of Bhopal. Here are some of her paintings. I am sure you will like it.

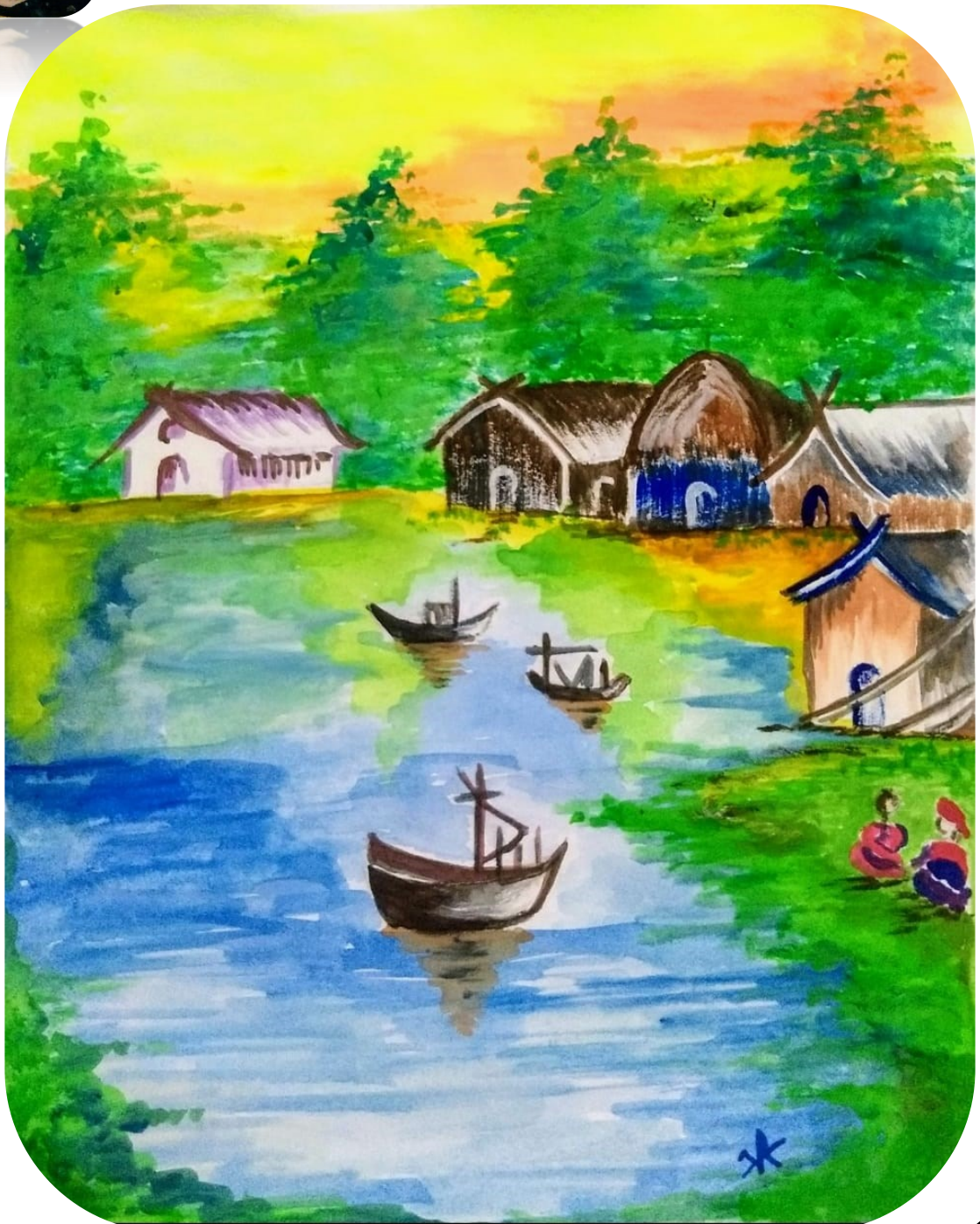
Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.



Art - Paintings & Sketches



Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.



Art - Paintings & Sketches



Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.



Art - Paintings & Sketches



Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.



Art - Paintings & Sketches



Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic
Centre,
Satara. Maharashtra.

Dr Sushama Marulkar is also a Radiologist. She completed her MBBS from MGM Medical college, Navi Mumbai. She did her DMRE from Kolhapur. She and her husband who is also a Radiologist have their own diagnostic Centre, Shubham Diagnostic Centre at Satara, Maharashtra.

During school days, she passed elementary, intermediate drawing exams with good grades, had dream to pursue a career in photography or fashion designing.

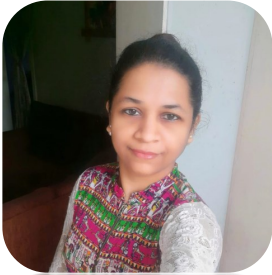
During MBBS days, she had won art related and rangoli competitions.

After starting her own clinic, she also got interested in satin flower making, so created her own Facebook page, Sushama's magic with uploads of satin flower making procedures. Later on, tried hands on various artforms, but sketching is most skillful art learnt during lockdown. Here are some of her artworks.



Pencil sketch

Art - Paintings & Sketches



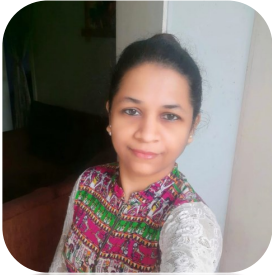
Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,
Satara. Maharashtra.

Graphite Pencil
work



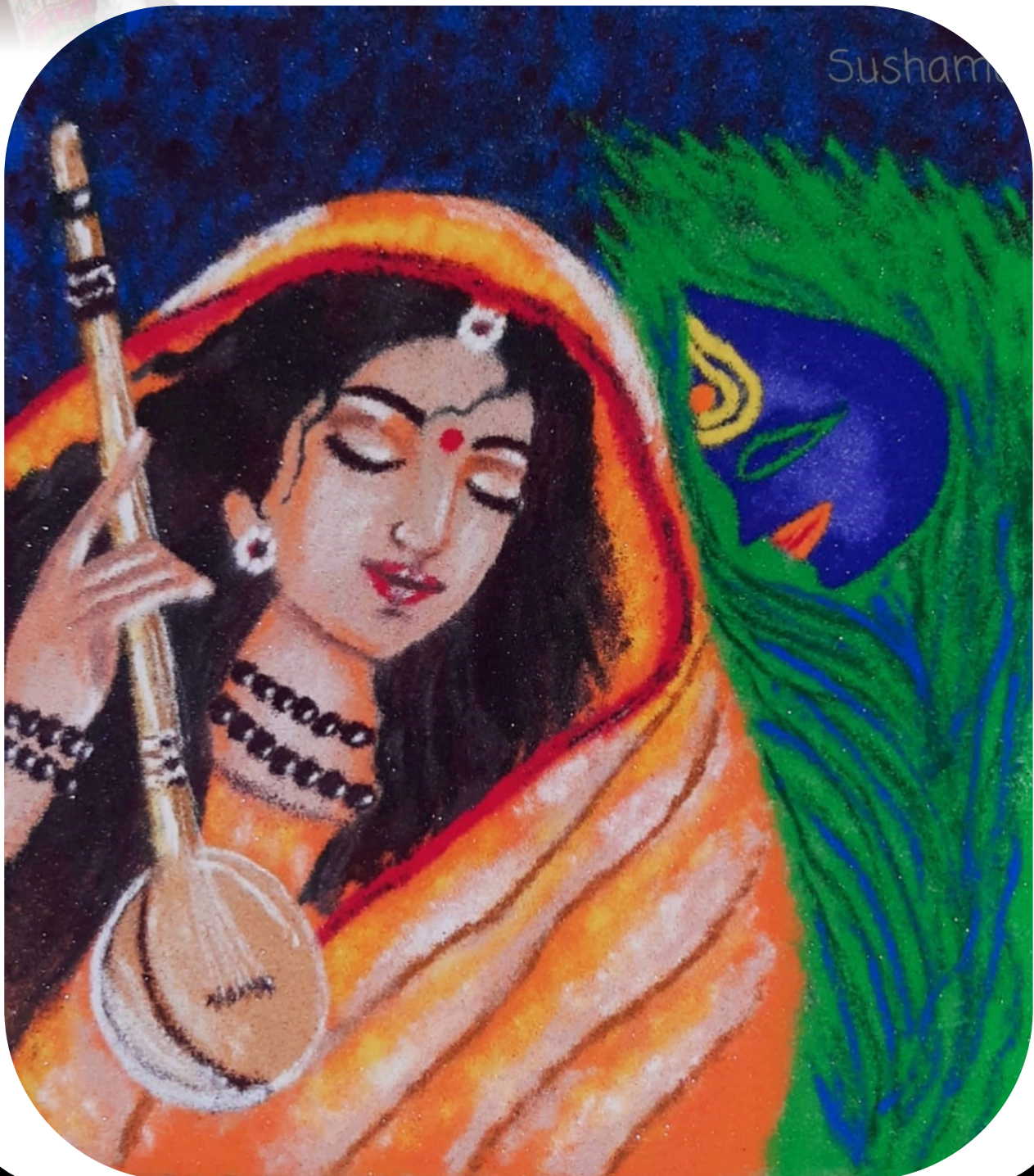
Sushama
Marulkar

Art - Paintings & Sketches



Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,
Satara. Maharashtra.

Rangoli



Art - Paintings & Sketches



Sanjeev Handique,
MBBS, MD
Director Radiology &
Imaging,
GNRC Sixmile Hospi-
tal,
Guwahati,
Assam

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. Recently, annual conference of Indian Radiological & imaging association was held in Amritsar, Punjab. Here are few of his paintings inspired by his visit there. I am sure you will love it.



Rongali Bihu

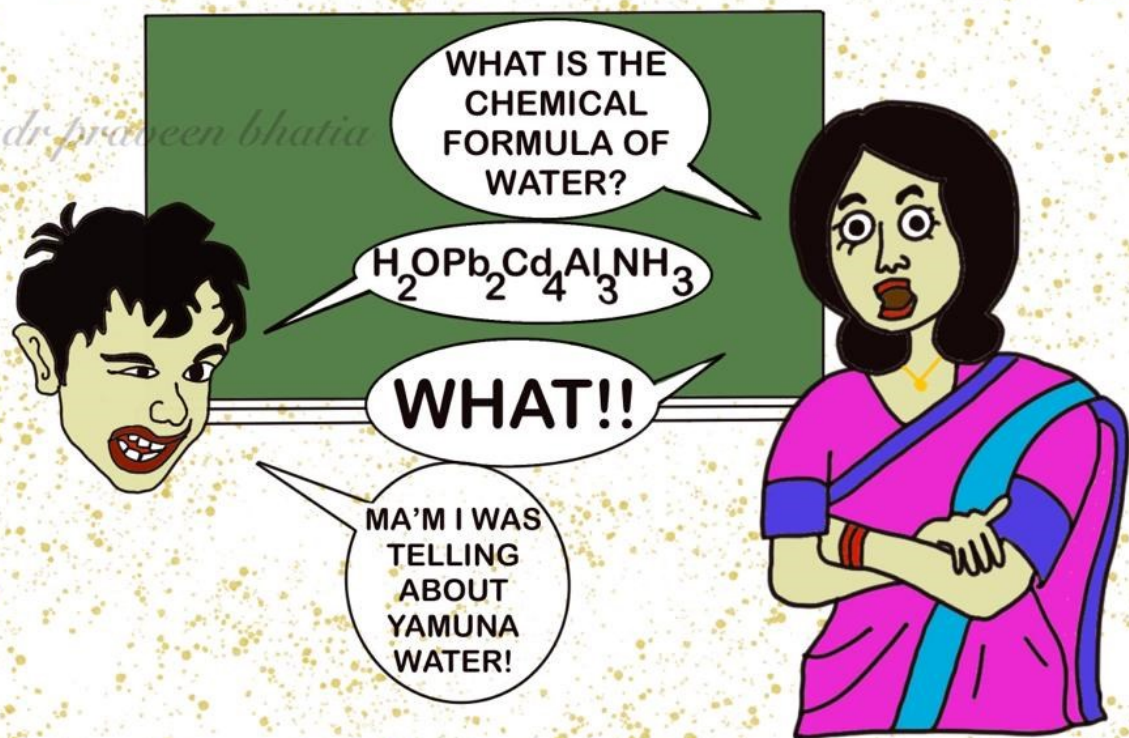
Humour



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.

AMMONIA LEVEL HIGH IN YAMUNA



dr praveen bhatia

dr praveen bhatia

Humour



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

APPLE OPENS ITS FIRST RETAIL STORE IN INDIA



dr praveen bhatia

CLIMATE CHANGE

FRESH APPLES COMING IN MANGO SEASON

dr praveen bhatia

FRESH APPLES COMING IN MANGO SEASON

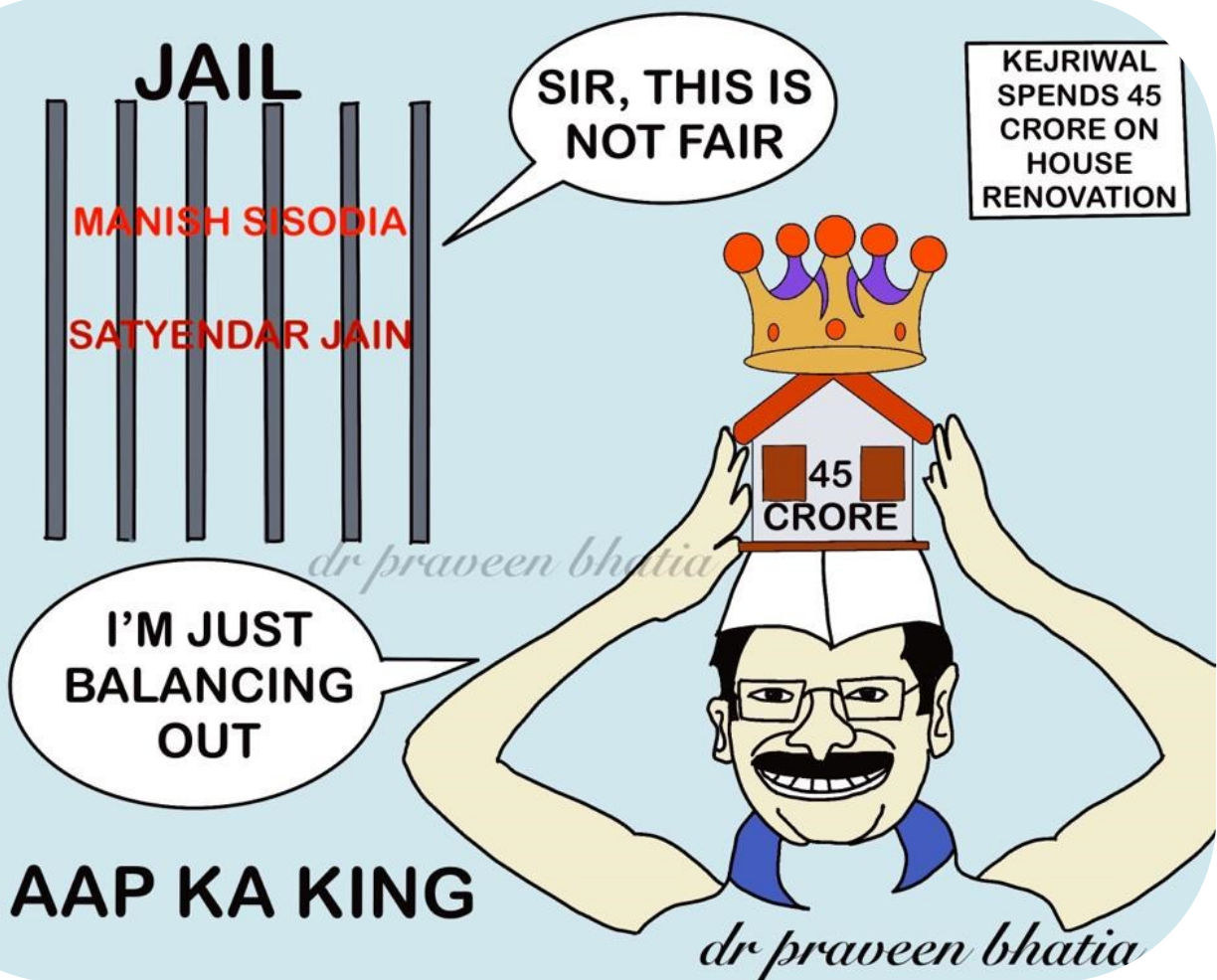
CLIMATE CHANGE

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

Humour



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist



AAP KA KING

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 majestic Orion nebula

Canon 1200D
Canon 400mm
F5.6 L USM
ioptron
Skyguider pro
(unguided / undithered)
Optolong L enhance clip in filter
Total integration
- 19 hours 3 mins
Softwares- DSS,
Pixinsight, Adobe PS
Dhubri
December 2022



Arunava Borah
Dhubri

Astrophotography



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

Deep nebulosities of Pleiades cluster

**Canon 1200Da
Canon 400mm
F5.6 L USM
ioptron
Skyguider pro
(unguided &
undithered)
f/5.6, iso 1600 ,
106sec
Total integrityion
- 10hours
39mins
Softwares-DSS,
Pixinsight, Adobe PS
Dhubri
January 2023**



Aruna Borah

Aruna Borah

Astrophotography



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

Reflected light of RIGEL

The whole stretch of the Witch head nebula illuminated by the nearby super giant star Rigel. The Witch head nebula is a extremely faint nebula which is believed to be an ancient supernova remnant. The image also shows some reddish hydrogen alpha emissions above and around the Rigel, which is actually the tip of Barnard's loop. The Barnard loop is a bubble like emission nebula extending from Rigel to the Betelgeuse.



Astrophotography



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

Core of Pleiades

Blue light of hot stars scattered by the dust in front of Pleiades star cluster

Canon 1200Da
Canon 400mm
F5.6 L USM
ioptron Skyguider
pro (unguided &
undithered)
f/5.6, iso 1600 ,
106sec
Total integrityion-
10hours 39mins
Softwares-DSS,
Pixinsight, Adobe
PS
Dhubri
January 2023



Aruna Borah

Jan 2023

Astrophotography



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

**Orion constellation with brightest star—
"Sirius"**

**Shot on Samsung M51
f1.8,iso
400,10sec
Adobe PS
Dhubri
November
2022**



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.



Glamour Photography



Mr. Sushanta Bhadra,
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Glamour Photography



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North Bexley PCN
United Kingdom.



Literature - Poem



ऐ वक़्त ठहेर जा
ऐसी भी क्या है जल्दी

अभी तक तो कट रही थी ज़िंदगी
इन्तज़ाम ऐ दाना पानी

अभी ही फूलों का अहसास हुआ है
अभी तो महक रही है खुशबू

अभी तो बारिश की बुंदों ने
छुआ है मेरे दिल को

अभी तो देखा है ढलते सूरज को
आभ से खेलते होली

अभी तो पूर्णिमा की चाँदनी से
रोशन हुआ है मेरा आशियाँ

अभी तो छेड़ी है नयी धुन
अभी तो बाकी है साज

अभी तो लिखा है पहला शेर
अभी तो बाकी है पूरी ग़ज़ल

क्या जल्द है तुझे
अभी तो हुई है शाम

कर लेना वक़्त आने पे
एलान ऐ रात

हैं तैयार हम भी
गहरी नींद के लिए

तब तक तो ठहेर जा ऐ वक़्त
ऐसी भी क्या है जल्दी

Poem by - Dr. Viral Parekh

Poem by - Dr. Viral Parekh

Painting by Dr. Varsha Vaishnav



Next issue in June 2023

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