

REFLECTIONS

Volume 4 Issue 6

01.06.2023

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 Dr. Juni Menon and Dr. Mayank Patel
- Travelogues by Dr. Bharat Parekh
- Bottle art by Dr. Simi Gulati
- Photography by Dr. Sushanta Bhadra, Dr. Patrick Basu & Arunava Bohra.
- Cartoons by Praveen Bhatia

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Radiologist's Musings - Dr. Viral Parekh

Hi!, Namaste,

Presenting herewith the 39th issue of Reflections.

In just concluded IPL final between Gujarat Titans and Chennai Super Kings, there were striking examples of being loyal to the team you are representing. Sai Sudarshan who played for Gujarat Titans and belongs to Tamil Nādu; played a scintillating knock of 97 runs against Chennai Super Kings, which is basically a franchise belonging to Tamils. Similarly, Ravindra Jadeja, who plays for Chennai Super Kings and belongs to Gujarat played a match winning knock against Gujarat Titans. Neither Jadeja nor Sudarshan displayed any affinity for the teams representing their states of origin. They displayed thoroughly professional attitude and remained absolutely loyal to the team they are playing for. This is really laudable.

Loyalty is a quality that involves being faithful, devoted, and committed to someone or something. Loyalty is often considered a virtue that builds trust and respect among people. In today's world it is difficult to find loyal persons. A politician after remaining so many years in a party suddenly leaves the party and joins another party which is ideologically exactly opposite to the principles he /she professed for so many years. This sort of people really make me dislike them.

"Nothing is more noble, nothing more venerable, than loyalty." said Cicero, Roman scholar and philosopher. "Be loyal and trustworthy. Do not befriend anyone who is lower than yourself in this regard." said Confucius, Chinese philosopher.

Loyalty can also have negative aspects, such as blind loyalty, which is when a person is loyal to someone or something without questioning their actions or motives, even if they are wrong or harmful. Divided loyalty, which is when a person has conflicting loyalties to different people or things, and has to choose between them. Misplaced loyalty, which is when a person is loyal to someone or something that does not deserve their loyalty or that harms them in some way.

So, loyalty is a virtue of faithfulness and it is better to be faithful than famous or rich. Overall, loyalty is a valuable trait that fosters trust, strengthens relationships, and promotes a sense of unity and commitment. It plays a significant role in personal, social, and professional aspects of life.

This issue would not have been possible without the help of Dr. Patrick Basu, Dr. Bharat Parekh, Dr. Juni Menon, Dr. Simi Gulati, Dr. Mayank Patel, Dr. Praveen Bhatia, Dr. Arunava Bohra, and Dr. Sushanta Bhadra. I am obliged and sincerely thank all of them.

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Music : Hindustani Classical Music : Asavari thaat



Thaat: Bhairavi belongs to the Bhairavi Thaats, which is one of the ten major thaats systems in Hindustani classical music. The thaats provides a framework for understanding the melodic structure and relationships within a raga.

Arohana and Avarohana: The ascending and descending scales of Bhairavi are as follows: Arohana (ascending): Sa Re Ga Ma Dha Sa Avarohana (descending): Sa Ni Dha Ma Ga Re Sa

Variants of Bhairavi: Bhairavi has several variants or "janya ragas" derived from it. These include:

- **Bairagi Bhairav:** It incorporates the komal (flat) Ni in both ascending and descending scales.
- **Ahir Bhairav:** It uses the natural (shuddha) Ni in the ascending scale but includes the komal Ni in the descending scale.
- **Nat Bhairav:** It adds a komal Ga (flat third) in the ascending scale and uses both shuddha and komal Ni in the descending scale.

Key Features: Bhairavi is characterized by its use of microtonal inflections and melodic ornamentations called "gamakas." It often features long sustained notes, meandering phrases, and intricate rhythmic patterns. The raga's emotive quality is enhanced by its use of microtonal nuances and melodic phrases.

Application and Adaptability: Bhairavi is a versatile raga that can be performed in various musical contexts. It is commonly used in devotional music, such as bhajans and kirtans, and has been adapted into lighter forms like thumri and gazal. Bhairavi is also explored in instrumental music, particularly in solo performances on instruments like sitar, sarod, and violin.

Importance and Significance: Bhairavi holds a special place in Indian classical music due to its deep spiritual and emotional impact. It is often considered the "queen of ragas" and has been explored by countless musicians over the centuries. Its vast melodic possibilities and its ability to convey a range of emotions make it a favorite among both performers and listeners.

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.

At the end of 3 full days in Auckland under care and supervision of the Salways-our hosts, it was time to start our journey southward on the North Island to reach Wellington the city at the tip of the North Island on Day 7. We rented an SVU of Australian make which was spacious and comfortable for the four of us and the luggage we carried. We were now on our own and made very sure we understood the driving regula-

tions of the country well since the New Zealand on driving land laws are pretty strict and any viola- tion can bring a stiff fine. The next 10 days we spend on the road hotel. Our first stop was the Waitomo Caves - these are three caves that make up the Waitomo network, each with its own unique experience. Famous for their abundance of



extensive underground river system and stunning stalactite and stalagmites formations, a trip to the Waitomo caves is a trip to another world. Thousands of glow-worms light up the Glowworm Caves. The vast Ruakuri Cave features waterfalls and some amazing limestone formations. One can either take a boat ride with a guide, who are quite witty and eloquent or one can go on walking tours of the caves which we thought was good for the young and fit. After a 3 hr tour it was time to head to our destination Rotorua for the next 2 days.

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Travelogue - Dr. Bharat Parekh



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Senior Radiologist



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Senior Radiologist



Craft - Bottle art



Dr Simi Gulati
Specialist and Head
of Department
(Ophthalmology)
Charak Palika Hos-
pital (NDMC), Delhi

A multit talented artist, Dr. Simi Gulati has had a passion and flair for art and craft for long. She loves to work on all types of media to express her ideas, exploring myriad art forms and using vibrant colors. She truly believes that an artist need not follow any rules, except those that emanate from the heart. She loves to paint human figures and everyday situations. Her art can provoke you, make you emotional, or leave you bewildered.

Currently she is breaking out into the art scene, having exhibited her work at small but significant locales around the city. She has won accolades from peers and friends, both on online and offline forums. Here is her some of her bottle art.



Craft - Bottle art



Dr Simi Gulati
Specialist and Head of Department (Ophthalmology)
Charak Palika Hospital (NDMC), Delhi



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Dr Simi Gulati
Specialist and Head of Department (Ophthalmology)
Charak Palika Hospital (NDMC), Delhi



Art - Paintings & Sketches



Dr Mayank M. Patel
MBBS, DMRE, MD
Radiologist.

Dr. Mayank M. Patel is an ex- assistant Professor of Radiology, BJ Medical College and Civil hospital, Ahmedabad and . Was consultant Radiologist at Vikas X-ray and Sonography, Ahmedabad for 30 yrs. He has now retired and busy enjoying painting (canvas and digital as well), writing (poems, stories in Gujarati) and reading.

Here are some of his paintings and photographs. I am sure you will



Mayank
2021

Art - Paintings & Sketches



Dr Mayank M. Patel
MBBS, DMRE, MD
Radiologist.



Art - Paintings & Sketches



Dr Mayank M. Patel
MBBS, DMRE, MD
Radiologist.

Close encounter

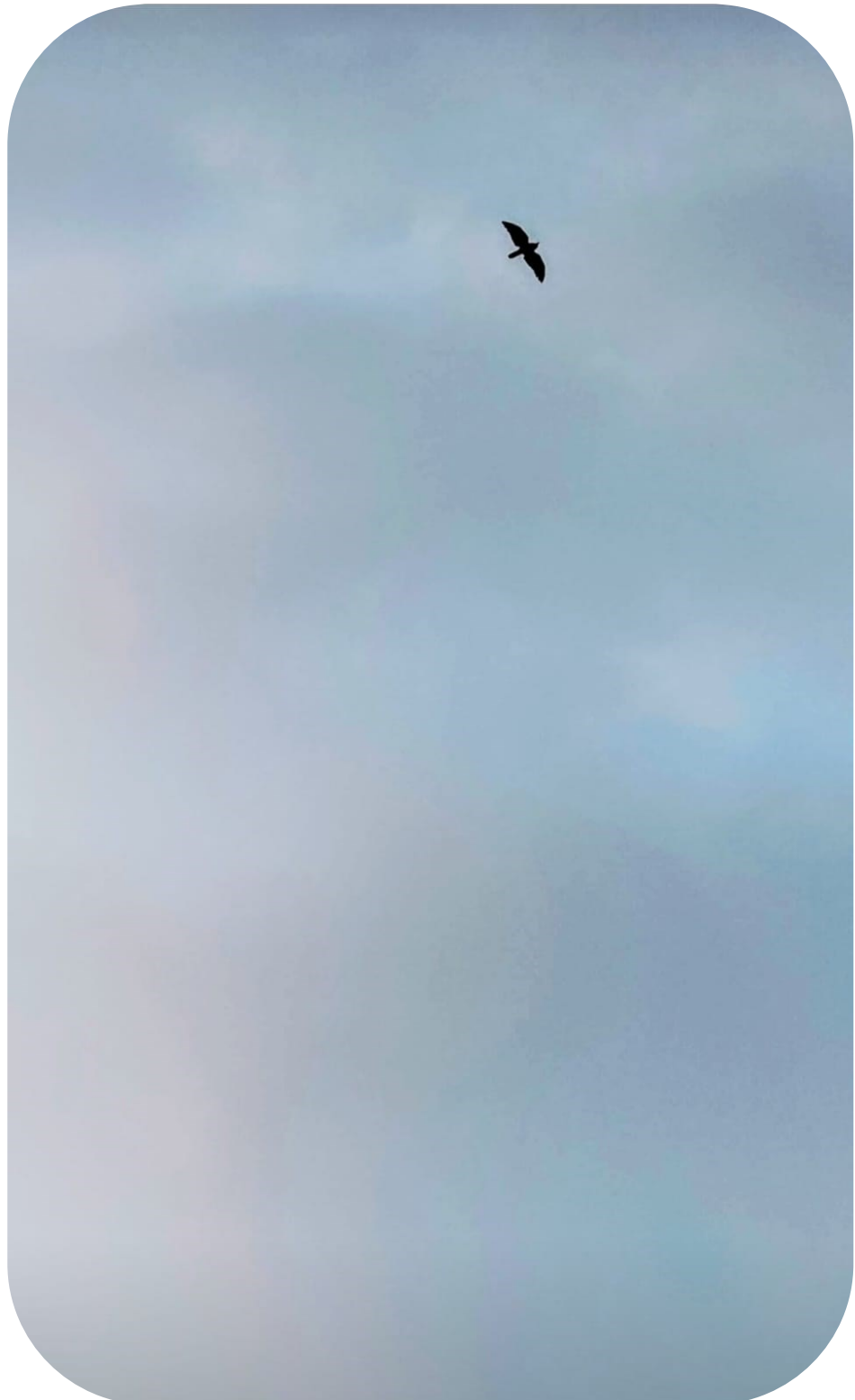


Art - Paintings & Sketches



Dr Mayank M. Patel
MBBS, DMRE, MD
Radiologist.

All alone



Humour



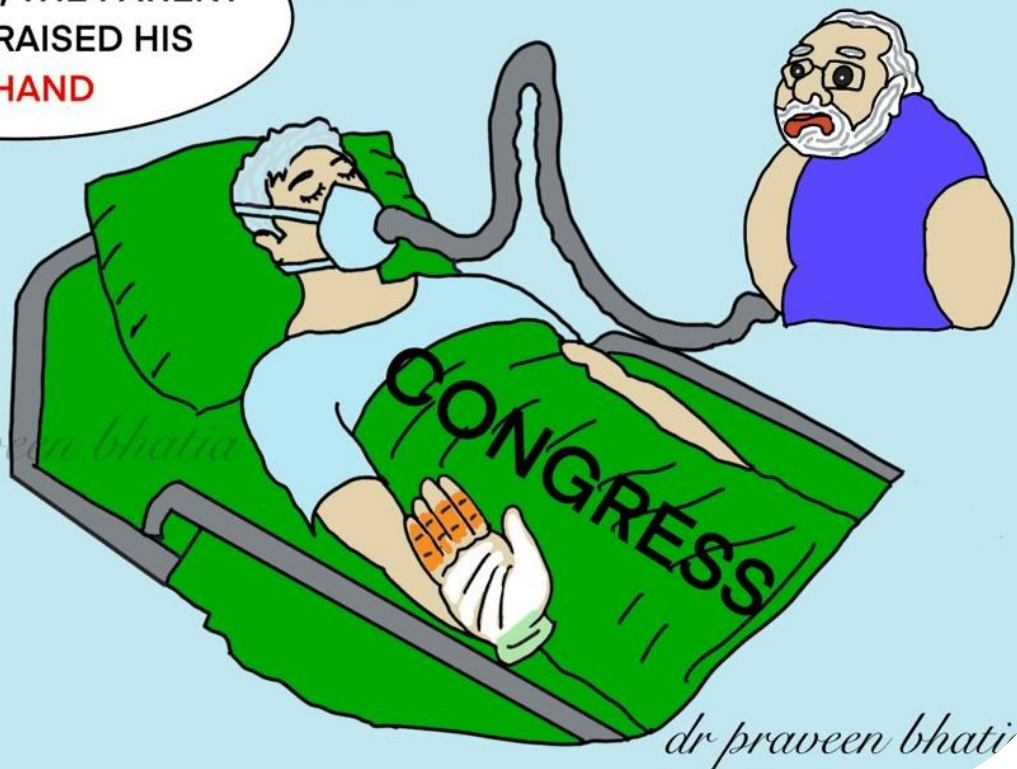
Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

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.

CONGRESS WINS DECISIVELY IN KARNATAKA

DOCTOR, THE PATIENT
JUST RAISED HIS
HAND

ICU



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

केजरीवाल ने बंगले पर खर्चे 45 करोड़

सर आप क्या कर रहे हैं?

300 यूनिट फ्री बिजली के लिये एप्लाई कर रहा हूँ।



dr praveen bhatia

dr praveen bhatia

Humour



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

PAKISTAN GOVT NOT ABLE TO ARREST RISING PRICES
PAKISTAN GOVT NOT ABLE TO ARREST FALLING RUPEE
PAKISTAN GOVT NOT ABLE TO ARREST FALLING CREDIBILITY
PAKISTAN GOVT NOT ABLE TO ARREST FALLING FOREX RESERVES

PAKISTAN GOVT ARRESTS IMRAN KHAN



चलो कुछ तो **ARREST** किया

dr praveen bhatia

चलो कुछ तो **ARREST** किया



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.

Markarian's Chain is a string of galaxies near the core of the Virgo Galaxy Cluster. Markarian's Chain contains at least 7 different galaxy members that appear to move coherently: notably 2 huge, bright lenticular galaxies known as M84 and M86 (both members of the famous Messier Catalogue of deep-sky objects). The Chain also contains a duo of interacting galaxies often referred to as Markarian's Eyes: NGC 4435 and NGC 4438.



Astrophotography



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

Messier 78 is a beautiful blue reflection nebula in the constellation Orion. A reflection nebula is created when light from a star is scattered or reflected off a nearby dust cloud. M78 nebula is lit by a stellar nursery of young stars that illuminate the area with scattered blue light.



Astrophotography



Dr. Arunava Borah,
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A cropped image showing a close view of the Andromeda galaxy with its glowing core and dust lanes.



Astrophotography



Dr. Arunava Borah,
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Assistant Professor
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Dhubri Medical College & Hospital,
Assam.

Venus is currently located near the feet of Castor. Castor and Pollux are two Twins as per Greek Mythology which forms the Constellation Gemini. In this image Venus is seen near two orange stars Tejat and Propus, which forms the feet of Castor. The image also shows famous nebulae like the Jellyfish Nebula, the Monkey head nebula and star cluster M35.



Astrophotography



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**The Great
Orion nebula
M42 and the
Running men
nebula above
with lost Jew-
els of Orion
below.**



Astrophotography



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

**Penumbral
lunar eclipse**

5th May 2023
**At maximum
phase of eclipse**



PENUMBRAL LUNAR ECLIPSE
5th, 2023

PENUMBRAL LUNAR ECLIPSE
5th, 2023

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



Glamour Photography



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North Bexley PCN
United Kingdom.



Glamour Photography



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United Kingdom.



Literature - Shers

आज फिर कुछ पुराने ज़ख्म ताज़ा हुए
आज फिर कुछ अपने याद आए

विरल पारेख



खरा खरी कह देना
बस यही है एक ऐब तुझमें तबीब
सीखले खेल तू भी फ़रेबी का
और हो जा सब के करीब

विरल पारेख



Photo by Pixabay: <https://www.pexels.com/photo/guy-fawkes-mask-and-red->

Photo by Pixabay: <https://www.pexels.com/photo/guy-fawkes-mask-and-red->

Literature - Shers

या तुझे बनना है राख
या मिलना है मिट्टी के साथ
बस इतनी ही है तेरी औक्रात
फिर भी है क्यूँ इतना गुमान

विरल पारेख

कुछ ख्वाब अधूरे, कुछ मनसा अधूरी
कुछ सपने अधूरे, कुछ बातें अधूरी
कुछ साज अधूरे, कुछ ग़ज़ले अधूरी

मिल गये तुम
में पूर्ण, परीपूर्ण

विरल पारेख

Painting by Dr. Patrick Basu



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 July 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 June, 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