

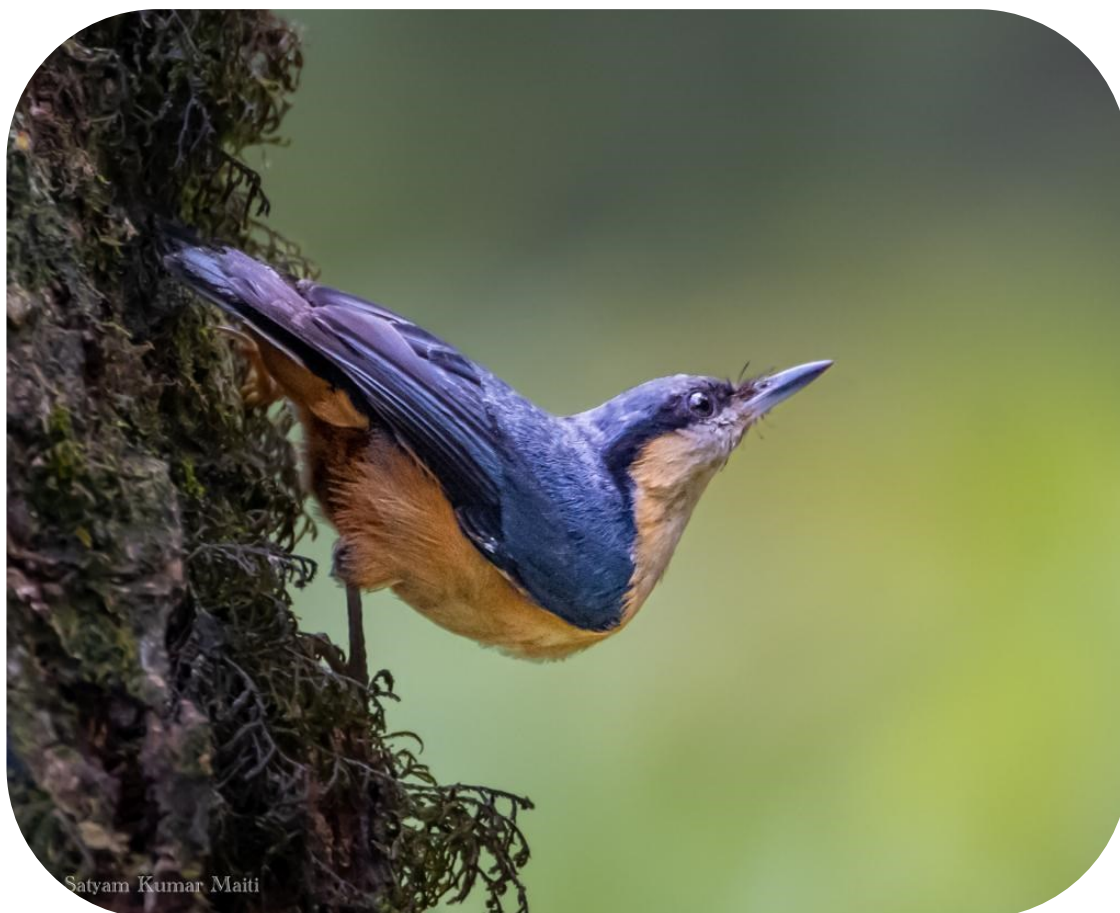
REFLECTIONS

Volume 4 Issue 7

01.07.2023

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

Wish you all a very happy Doctor's day!



Satyam Kumar Maiti

Photography: Dr. Satyam Kumar Maity

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Special points of interest:

- Paintings by Dr. Rajesh Botchu, Dr. Madhuri Salwe, Dr. Juni Menon and Dr. Devashree Joshi.
- Photography by Dr. Sushanta Bhadra, Dr. Satyam Maity, & Dr. Arunava Bohra.
- Poems 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,

It gives me immense pleasures in presenting the 40th issue of Reflections.

Doctor's Day in India: A Tribute to the Unsung Heroes

India celebrates Doctor's Day on July 1 every year to honour the contributions of the medical fraternity to the society. The date also marks the birth and death anniversary of Dr. Bidhan Chandra Roy, a renowned physician and the second Chief Minister of West Bengal. He was awarded the Bharat Ratna, the highest civilian honour in India, in 1961.

Doctor's Day is a time to express our gratitude and appreciation to the doctors who work tirelessly to save lives and heal the sick. They are the ones who face the challenges of disease, pandemic, and trauma with courage and compassion. They are the ones who sacrifice their personal comfort and safety for the welfare of their patients. They are the ones who uphold the values of ethics, professionalism, and humanity in their practice.

The COVID-19 pandemic has highlighted the vital role of doctors in fighting the virus and protecting the public health. Despite the lack of resources, infrastructure, and personal protective equipment, doctors have been at the forefront of the battle against COVID-19. They have risked their own lives and those of their families to care for the infected and prevent the spread of the disease. Many doctors have lost their lives in the line of duty, while others have suffered from physical and mental exhaustion, stress, and burnout.

On this Doctor's Day, let us pay tribute to these unsung heroes who have shown exemplary dedication, courage, and service to humanity. Let us salute their spirit of selflessness, sacrifice, and commitment. Let us acknowledge their efforts and achievements in advancing medical science and improving health outcomes. Let us also pledge to support them in their noble mission by following their advice, adhering to COVID-19 protocols, and taking care of our own health and well-being.

Doctor's Day is not only a day of celebration, but also a day of reflection. It is a day to remember the legacy of Dr. Bidhan Chandra Roy and other eminent doctors who have inspired generations of medical professionals. It is also a day to recognize the challenges and issues faced by doctors in India, such as violence, harassment, corruption, negligence, and malpractice. It is a day to demand better working conditions, remuneration, recognition, and respect for doctors. It is a day to reaffirm our trust and confidence in doctors as our healers and guardians.

Doctor's Day is a day to honour our doctors for their invaluable service to humanity. They are not only our doctors, but also our friends, mentors, guides, and heroes. They deserve our respect, admiration, and gratitude. Happy Doctor's Day!

This issue would not have been possible without the help of Dr. Rajesh Botchu, Dr. Arunava Borah, Dr. Satyam Maity, Dr. Juni Menon, Dr. Sushanta Bhadra, Dr. Madhuri Salwe, and Dr. Devashree Joshi. I am obliged and sincerely thank all of them.

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Music : Hindustani Classical Music : Kalyan thaat



Kalyan thaat is one of the ten basic musical scales or thaats in Hindustani classical music. It consists of seven notes: Sa, Re, Ga, Ma, Pa, Dha and Ni. The Ma is tivra or sharp, while the other notes are shuddha or natural. Kalyan thaat is also known as Yaman thaat, and it is the parent scale of many popular ragas such as Yaman, Shyam Kalyan, Hameer and Bhoopali.

Kalyan thaat is considered to be a very versatile and melodious thaat, as it can be sung or played at any time of the day or night. It has a soothing and calming effect on the listener, and it expresses the emotions of love, devotion and joy. Kalyan thaat is also associated with the spring season, when nature is in full bloom and romance is in the air.

The characteristic features of Kalyan thaat are:

- The use of tivra Ma as a prominent note, which gives a distinctive flavor to the thaat.
- The use of Pa as a resting note or nyasa, which provides stability and balance to the melodies.
- The use of Ga as a vadi or dominant note, which enhances the beauty and sweetness of the thaat.
- The use of Ni as a samvadi or subdominant note, which creates a contrast and tension with the vadi.
- The use of Re as a komal or flat note in some ragas, which adds a touch of sadness or longing to the thaat.

Some examples of compositions based on Kalyan thaat are:

- "Man re tu kahe na dheer dhare" by Pt. Ravi Shankar, based on raga Yaman.
- "Bhor bhaye panghat pe" by Lata Mangeshkar, based on raga Shyam Kalyan.
- "Aaj jaane ki zid na karo" by Farida Khanum, based on raga Hameer.
- "Jyoti kalash chhalke" by Lata Mangeshkar, based on raga Bhoopali.

Galmour Photography



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.

A railway station date - boy meets girl - girl meets boy

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



Glamour Photography



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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.

Needle Galaxy is an edge-on spiral galaxy about 30 to 50 million light-years away in the constellation Coma Berenices. This galaxy is more luminous than the Andromeda Galaxy. In my image, to the left of the Needle galaxy lies a more fainter barred spiral shaped galaxy called the NGC 4562.



Astrophotography



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

Croc's Eye Galaxy, is a spiral galaxy located in the constellation Canes Venatici. The Cat's Eye Galaxy lies at a distance of 16 million light years from Earth.

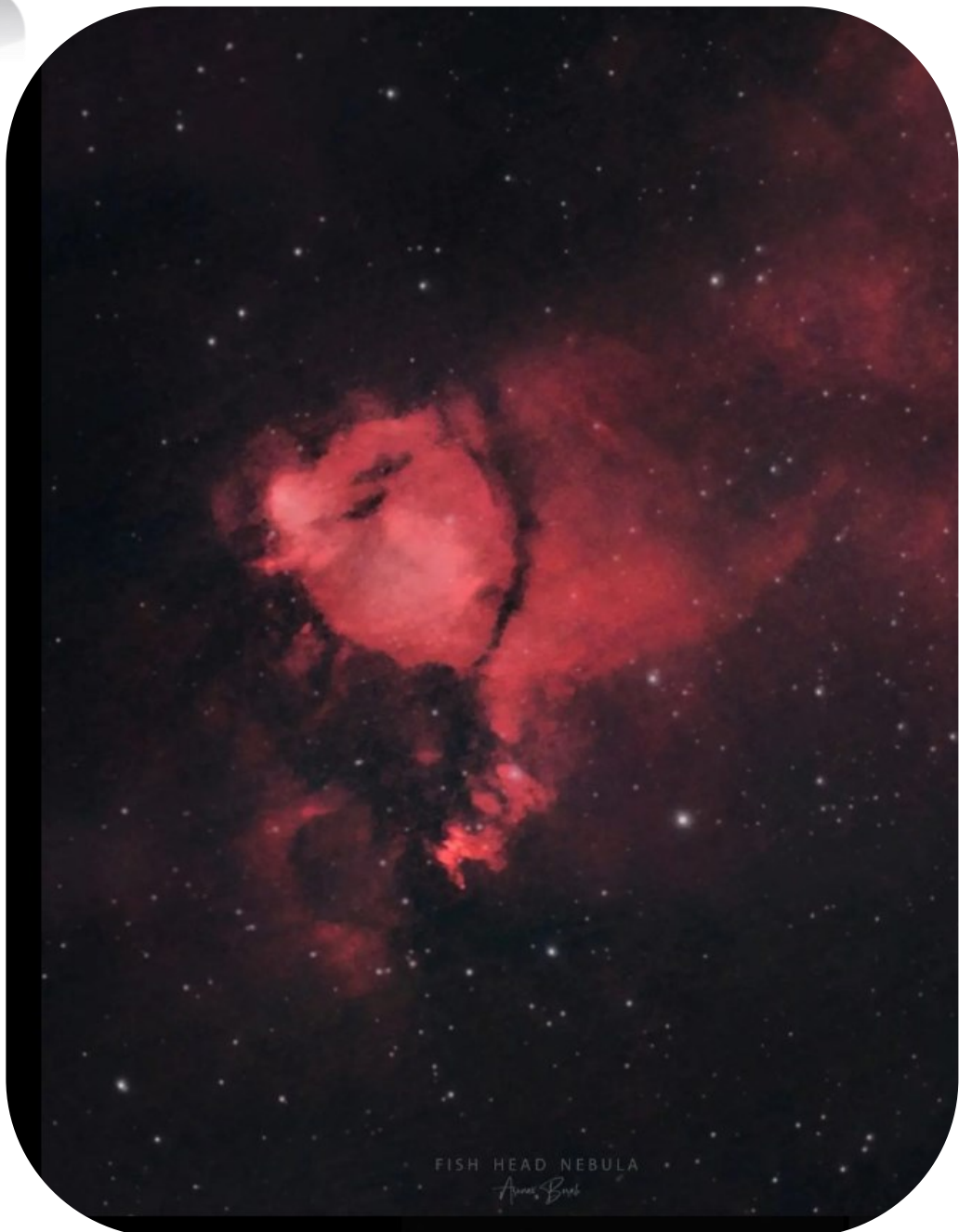


Astrophotography



Dr. Arunava Borah,
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The Fish Head Nebula, also known as the Northern Bear Nebula, is part of a huge star forming system of gas and dust located along the Perseus spiral arm of our Milky Way galaxy. The nebula is located in the constellation Cassiopeia approximately 6000 light-years from the Earth and is adjacent to the much larger Heart Nebula.



FISH HEAD NEBULA

Aruna Borah

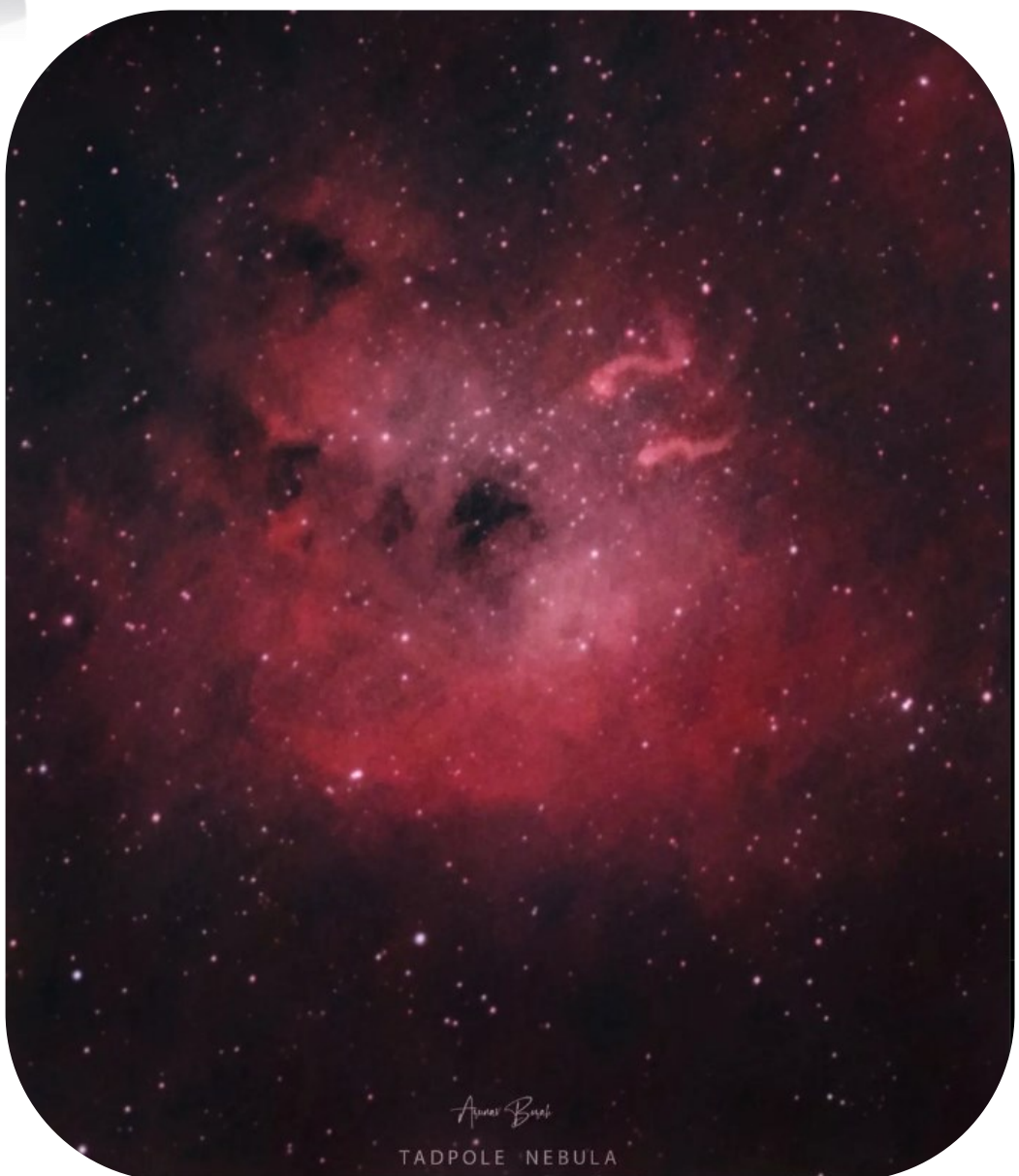
Astrophotography



Dr. Arunava Borah,
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It is a dusty emission nebula located in the constellation of Auriga at about 12,000 ly from Earth. It is part of a larger star forming region that also contains the Flaming Star Nebula. The gas structures in this picture are lit by the radiation from the open star cluster NGC1893 that lies in the center of the nebula.

As can be seen in the picture, these two structures (near right upper centre) point away



TADPOLE NEBULA

TADPOLE NEBULA

Arunava Borah

Astrophotography



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

**Mars is passing
through the
beautiful Bee-
hive Cluster in
the evening
sky.**



Bird Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
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 recent photographs.

Green backed Tit



Satyam Kumar Maiti

Bird Photography



Dr. Satyam Kumar Maiti
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Consultant Ophthalmologist
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Contai, Purba Mednipur,
West Bengal, India.

Common Iora



Satyam Kumar Maiti

Satyam Kumar Maiti

Bird Photography



Dr. Satyam Kumar Maiti
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Purple Sunbird



Satyam Kumar Maiti

Bird Photography



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Fulvous breasted woodpecker



© Satyam Kumar Maiti

Bird Photography



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Blue Rock Thrush



Satyam Kumar Maiti

Bird Photography



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Rufous necked Hornbill



Satyam Kumar Maiti

Bird Photography



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Rufous bellied Niltava



Satyam Kumar Maiti

Bird Photography



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Green tailed Sunbird.



Satyam Kumar Maiti

Satyam Kumar Maiti

Bird Photography



Dr. Satyam Kumar Maiti
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West Bengal, India.

Great Barbet



Satyam Kumar Maiti

Paintings



Dr Rajesh Botchu
Department of Mus-
culoskeletal Radiolo-
gy,
The Royal Orthopedic
Hospital,
Bristol Road South
Northfield, Birming-
ham, UK

Dr Rajesh Botchu did his MBBS and MS (Ortho) from Kurnool Medical College.

Then did MRCSEd (Edinburgh) and MRCSI (Ireland) and then did his Radiology training from Leicester. He did MSK subspeciality training from Leicester, ROH Birmingham, NOC, Oxford and CIM Geneva.

His hobbies are painting (acrylic), writing poems, listening to old Bollywood music and cooking (especially chicken biryani , chicken curry and prawn curry).

Some of his paintings published here are his original creation and some are learnt from YouTube. I am sure you will love his collection of paintings here.



Paintings



Dr Rajesh Botchu
Department of Musculoskeletal Radiology,
The Royal Orthopedic Hospital,
Bristol Road South
Northfield, Birmingham, UK
Email – drbrajesh@yahoo.com



Three stages of painting like three stages

Paintings



Dr Devashree Joshi
Consultant Radiologist with special interest in Breast Imaging.

Deenanath
Mangeshkar Hospital
and Research Centre,
Pune.

Dr Devashree Joshi is also a fellow Radiologist with special interest in Breast Imaging. She is presently working at Deenanath Mangeshkar Hospital and Research Centre, Pune.

She is a Radiologist by passion but what keeps her going are her hobbies. Not formally trained in art but she loves to sketch and paint, using pencil or pens and colours!!! She also writes poems in Marathi. She had the opportunity to recite her poems in public forum of local newspapers and was well received. Here is her collection of painting named “ती” ... meaning “Her” in Marathi.



Paintings



Dr Devashree Joshi

Consultant Radiologist with special interest in Breast Imaging.

Deenanath Mangeshkar Hospital and Research Centre,
Pune.



Paintings



Dr Devashree Joshi

Consultant Radiologist with special interest in Breast Imaging.

Deenanath Mangeshkar Hospital and Research Centre,
Pune.



Paintings



Dr Madhuri Salwe,
MBBS, DMRE.
Consultant Radiolo-
gist
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.



Paintings



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



Paintings



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



Literature - Poems/Shers

જે ગરજે ફક્ત હૃદય માં
પણ ના વરસે આંખો માંથી
એવા દુકાળ ની મહીમા પણ
ચોમાસા થી ઓછી નથી હોતી.
તબીબ (વિરલ)

One which thunders in the heart
But doesn't rain from the eyes
That drought is also no less
glorious than a monsoon.

Viral

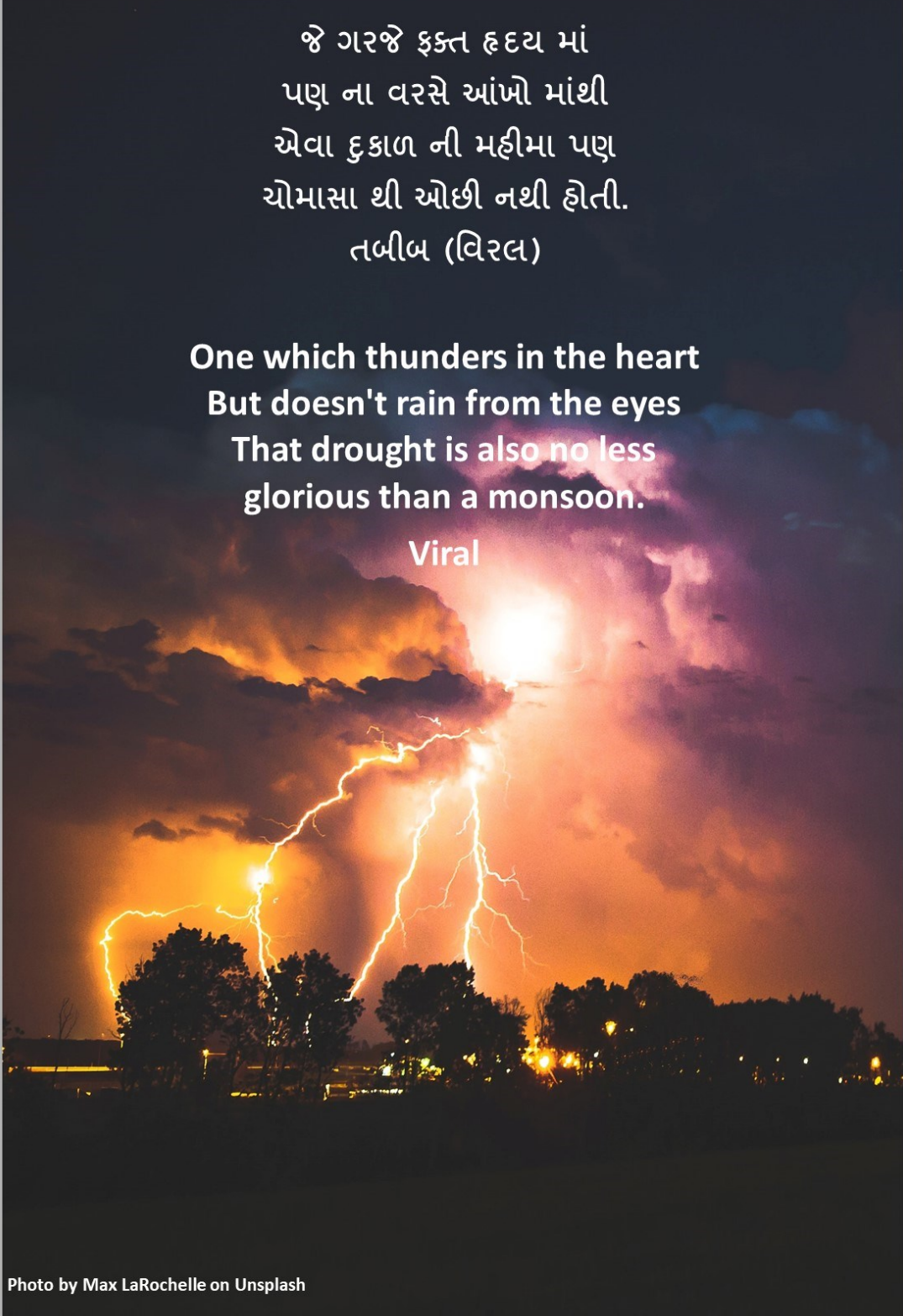


Photo by Max LaRochelle on Unsplash

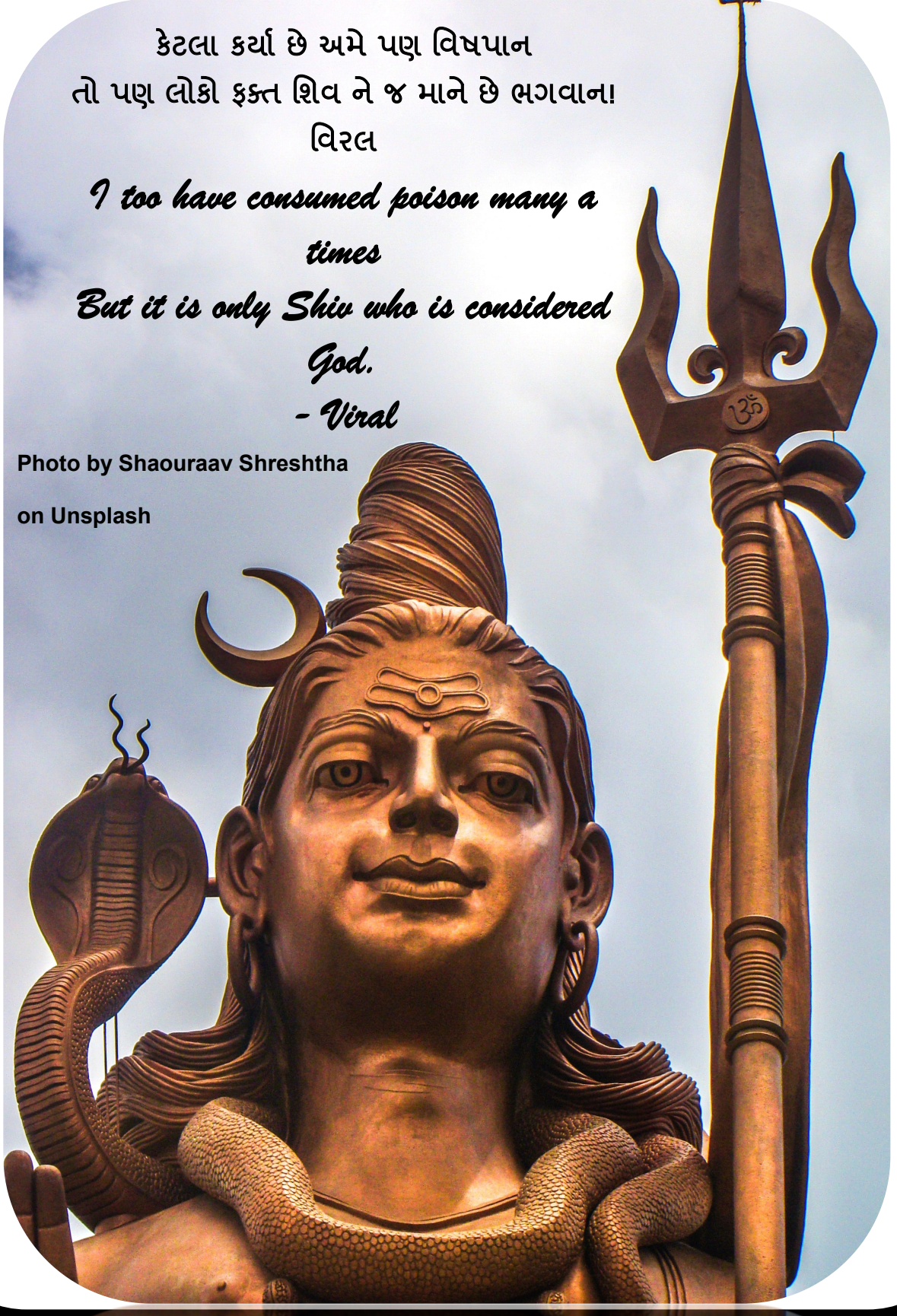
Literature - Shers

કેટલા કર્યા છે અમે પણ વિષપાન
તો પણ લોકો ફક્ત શિવ ને જ માને છે ભગવાન!
વિરલ

*I too have consumed poison many a
times
But it is only Shiv who is considered
God.*

- Viral

Photo by Shaouraav Shreshtha
on Unsplash



Painting by Dr. Satyam Kumar Maity



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 August 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 July, 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