

REFLECTIONS

Volume 4 Issue 8

01.08.2023

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

Wish you all a very happy Independence day!



Photography: Dr. Patrick Basu

Inside this issue:

Radiologist's Musings	2
Music	3
Photography	4 - 27
Art: Paintings & Sketches	28 - 39
Literature	40 - 41
Last page	42

Special points of interest:

- Paintings by Dr. Sanjeev Handique, Dr. Ritu Gupta, Dr. Sachin Gonjari, Dr. Madhuri Salwe, & Dr. Juni Menon.
- Photography by Dr. Sushanta Bhadra, Dr. Satyam Maity, Dr. Arunava Bohra, Dr. Patrick Basu & Dr. Pankaj Joshi
- Poems by Dr. Viral Parekh

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Radiologist's Musings - Dr. Viral Parekh

Hi!, Namaste,

It gives me immense pleasures in presenting the 41st issue of Reflections.

A very happy independence day to everyone.

There was a time when I used to react to most of the social media posts, be it political or non-political, and express myself strongly. But over the years, I have learnt that you don't have to react to everything.

We live in a world that is constantly bombarding us with information, opinions, and stimuli. From social media to news outlets, from advertisements to notifications, we are exposed to a lot of noise that can distract us, overwhelm us, and trigger us.

But how do we deal with all this noise? How do we filter out what is relevant and important from what is irrelevant and trivial? How do we avoid getting caught up in unnecessary drama and conflicts that drain our energy and attention?

One of the most powerful skills that we can develop is the ability to not react to everything. This means that we don't let every stimulus or input affect our emotions, thoughts, and actions. We don't let every comment or message provoke us or make us defensive. We don't let every news story or headline make us anxious or angry. We don't let every notification or alert interrupt us or distract us.

Instead, we choose to respond rather than react. We choose to pause and reflect before we act. We choose to focus on what matters and ignore what doesn't. We choose to be calm and composed rather than impulsive and reactive.

The best way is to choose your battles. Not everything deserves your attention or response. Some things are better left alone or ignored. Some things are not worth fighting for or arguing about. Some things are not your responsibility or problem. Learn to pick your battles wisely and save your energy and resources for what truly matters.

Be selective about what you consume. Some sources of information and opinions are more reliable, relevant, and respectful than others. Choose wisely what you expose yourself to, and limit the amount of time you spend on it.

You don't have to react to everything that comes your way. You can choose what matters to you, and how you respond to it. By doing so, you can reduce your reactivity fatigue and increase your happiness and satisfaction.

This issue would not have been possible without the help of Dr. Sanjeev Handique, Dr. Sachin Gonjari, Dr. Ritu Gupta, Dr. Patrick Basu, Dr. Arunava Borah, Dr. Satyam Maity, Dr. Juni Menon, Dr. Sushanta Bhadra, Dr. Madhuri Salwe, and Dr. Pankaj Joshi. I am obliged and sincerely thank all of them.

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Music : Hindustani Classical Music : Marwa Thaata



In Hindustani classical music, "Marwa" is one of the prominent and popular raga (melodic framework). It belongs to the Marwa thaata, which is a group of ragas sharing similar scale patterns, but each raga has its distinct melodic expression.

- Raga Marwa is an evening raga, typically performed during the late evening hours, just after sunset.
- It is known for its deep and introspective mood and is considered one of the more complex and challenging ragas to perform due to its subtle nuances and use of microtones (shrutis).
- It is also the name of a raga within this thaata. Marwa thaata is obtained by adding a komal Rishabh to the Kalyan thaata. The mood of the Marwa family of ragas is strongly and easily recognisable. Some of the other ragas in Marwa thaata are Puriya, Sohni, Lalit, Bibhas, Pancham, Maligaura, Purba, Purvakalyan, Jait, Varati, Bhatiyar, Bhankar, Lalita Gauri and Sazgiri.
- The scale of Raga Marwa in ascending order is: Sa (root), Re, Komal Ga (flat third), Ma (fourth), Dha (flat fifth), and Komal Ni (flat seventh).
- The descending order is slightly different, and sometimes it omits the Ma (fourth) note altogether: Sa, Ni (seventh), Komal Dha (flat fifth), Pa (fifth), Komal Ga (flat third), Re, and Sa.
- It is important to note that the performance of a raga goes beyond its basic scale and includes characteristic phrases, ornamentations, and improvisations, which are the essence of Hindustani classical music.
- Raga Marwa's evocative and meditative nature makes it a favourite of many musicians and connoisseurs of Indian classical music. Each raga has its unique personality, and Marwa is revered for its ability to create a profound emotional impact on both the performer and the listener.

Paintings by Dr. Juni Menon

Glamour 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.

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



Glamour Photography



Mr. Sushanta Bhadra,
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Clinical Director,
North Bexley PCN
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Glamour Photography



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Glamour Photography



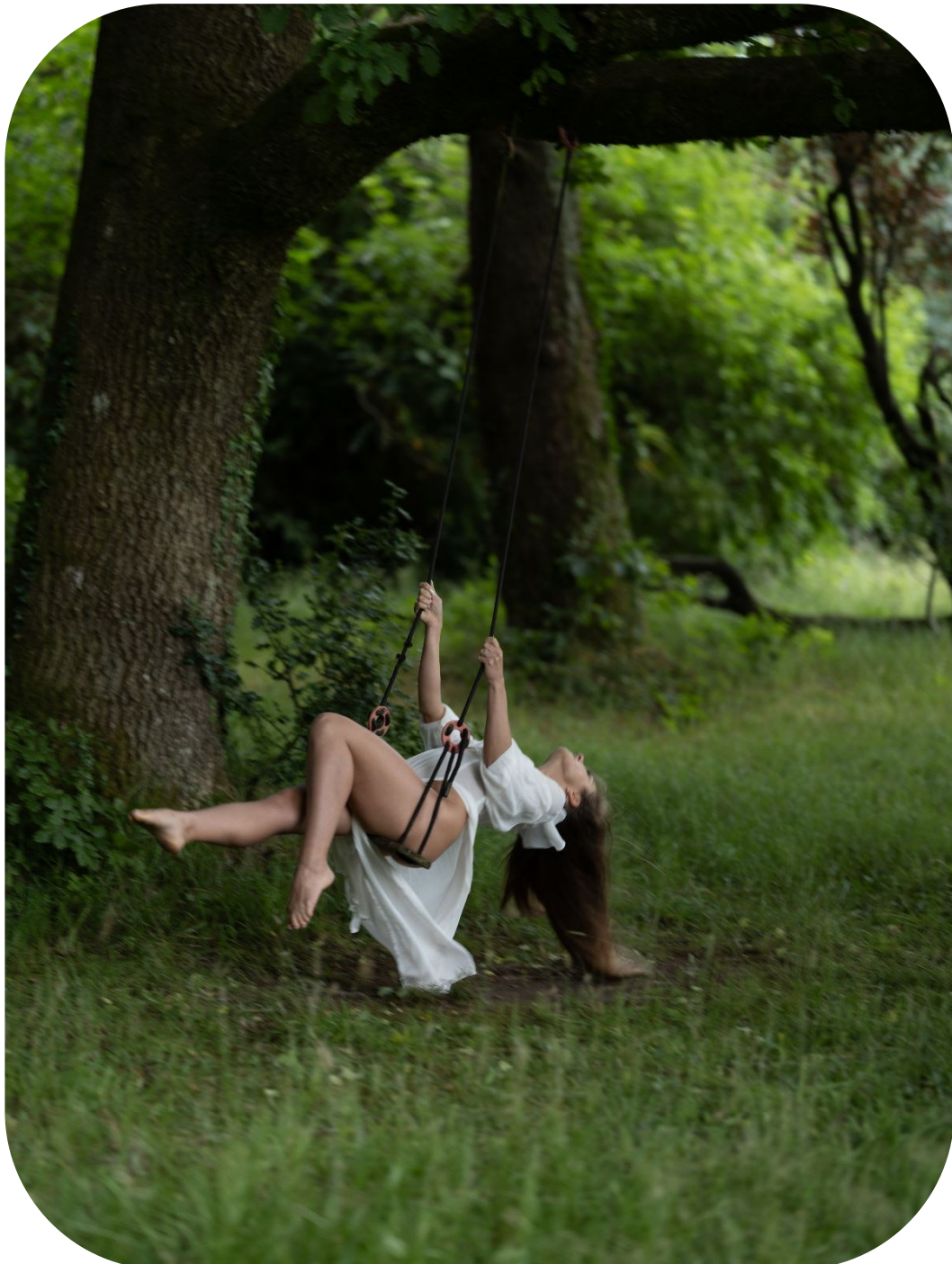
Mr. Sushanta Bhadra,
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Glamour Photography



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Clinical Director,
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Astrophotography



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

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 Whale Galaxy (NGC 4631) and the Hockey Stick Galaxy (NGC 4656/NGC 4657) are two barred spiral galaxies located in the constellation Canes Venatici. □ The Whale Galaxy is mostly blue, with a bright yellow/orange core. Just above the Whale, lies another galaxy. This is NGC 4627, a dwarf elliptical galaxy orbiting the larger Whale. NGC 4656 and NGC 4657

□ The Hockey Stick Galaxy, sometimes named the Crowbar Galaxy. The Hockey Stick Galaxy has two designations: NGC 4656 and NGC 4657. This is because the object is actually made up of two interacting galaxies. The "handle" of the Hockey Stick (or crowbar) is the galaxy NGC 4657, while the actual stick is NGC 4656.



Arunava Borah

Astrophotography



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

The complete Veil Nebula complex(the Cygnus Loop) is a gigantic Supernova remnant divided into several sections that constitute the Cygnus Loop. The Veil Nebula has several NGC designations because it is quite large. It consists of three main components: the Western Veil(right), the Eastern Veil (left) and Pickering's Triangle (in centre).



Astrophotography



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

HDR Moon

Canon 7D
Canon 400mm+
Canon 2xTC
f/5.6, iso 800,
1sec
PIPP,
Autostackert,
Adobe Photo-
shop
July,2023



Bird Photography



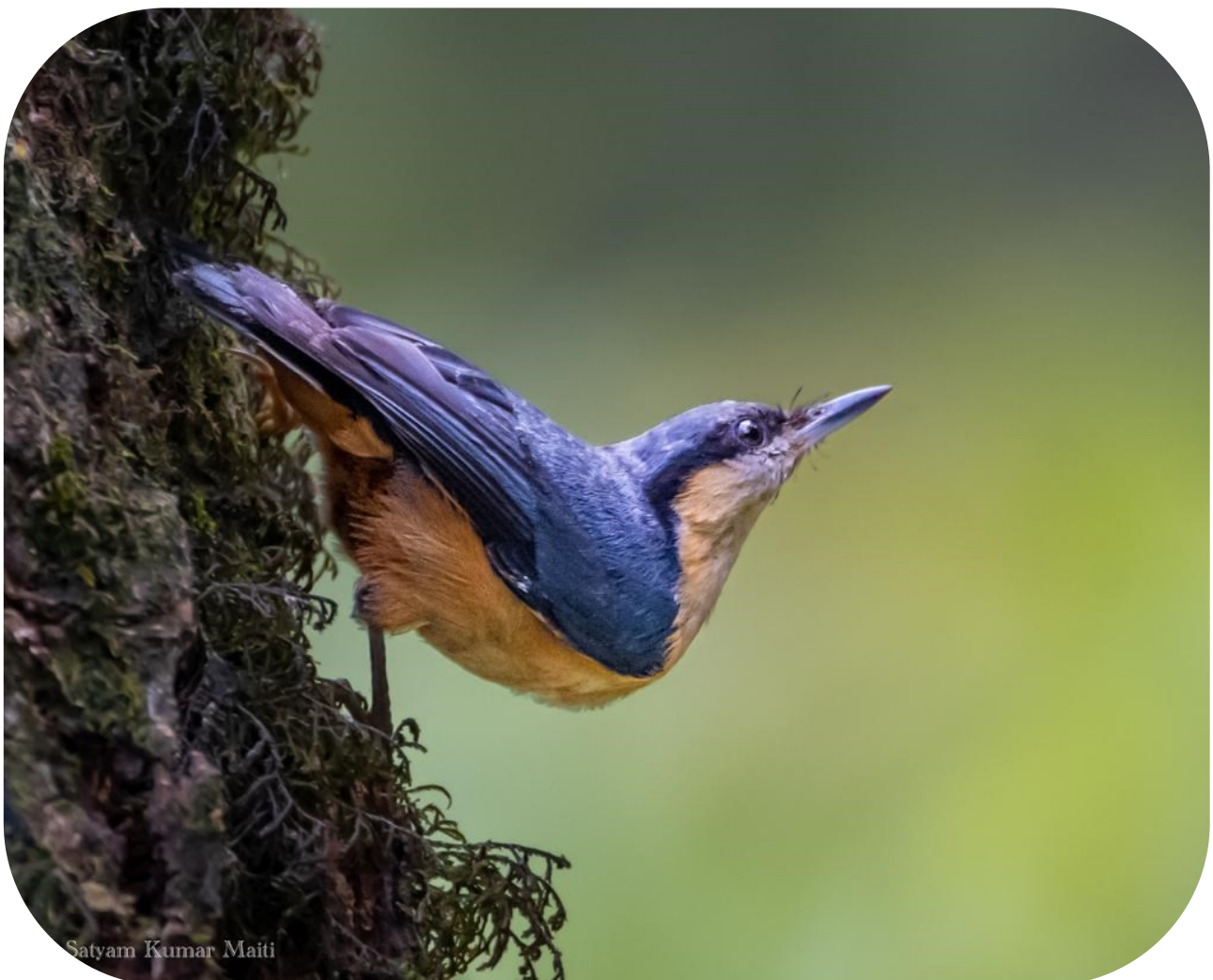
Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Medinipur,
West Bengal, India.

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.

White tailed Nuthatch



Satyam Kumar Maiti

Bird Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

Verditer Flycatcher



© Satyam Kumar Maiti

Bird Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

Golden throated Barbet



Satyam Kumar Maiti

Bird Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

Silver eared Mesia



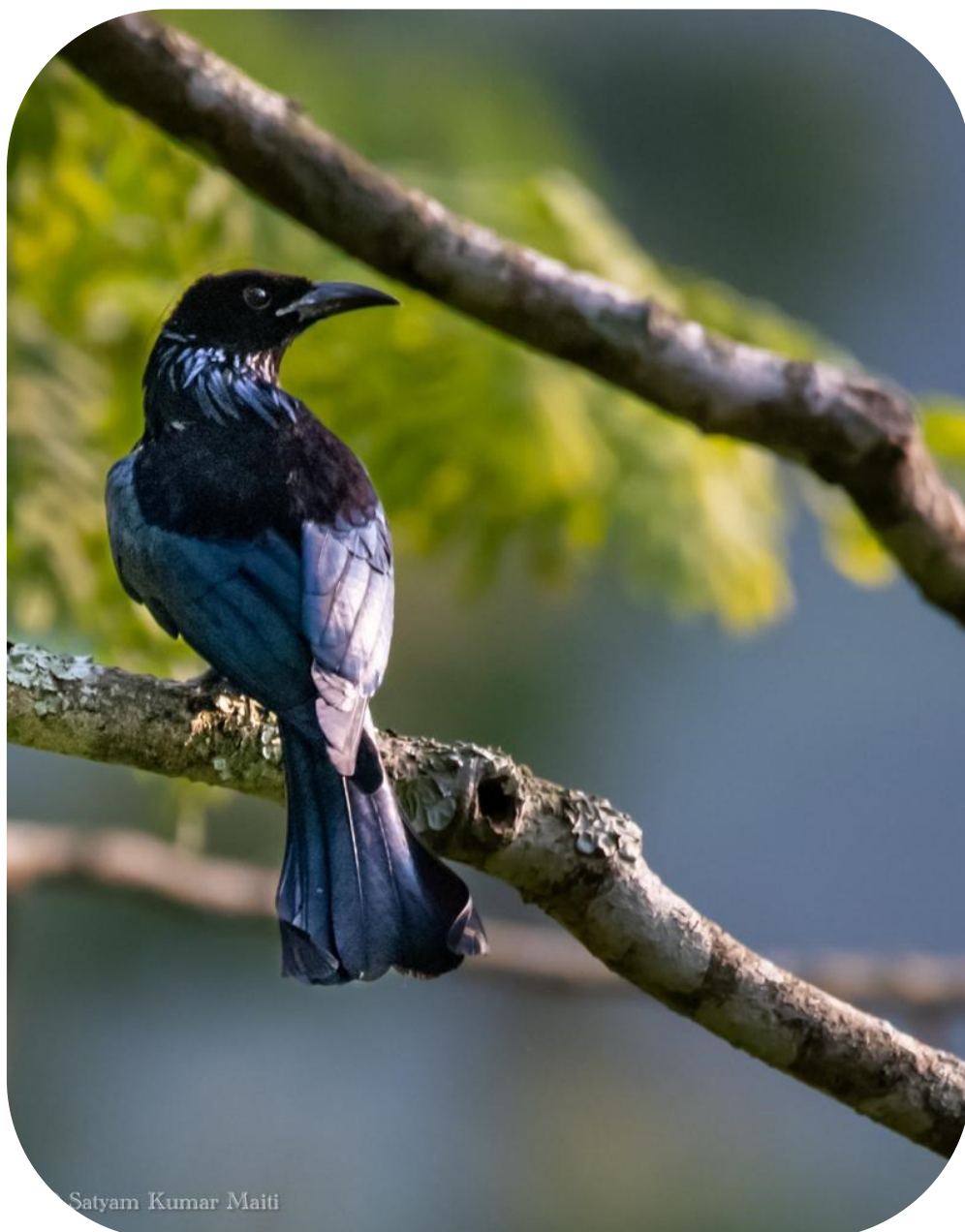
Satyam Kumar Maiti

Bird Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

Hair crested Drongo



Satyam Kumar Maiti

Satyam Kumar Maiti

Bird Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

Himalayan Bulbul.



Satyam Kumar Maiti

Satyam Kumar Maiti

Bird Photography



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West Bengal, India.

Plum headed parakeet



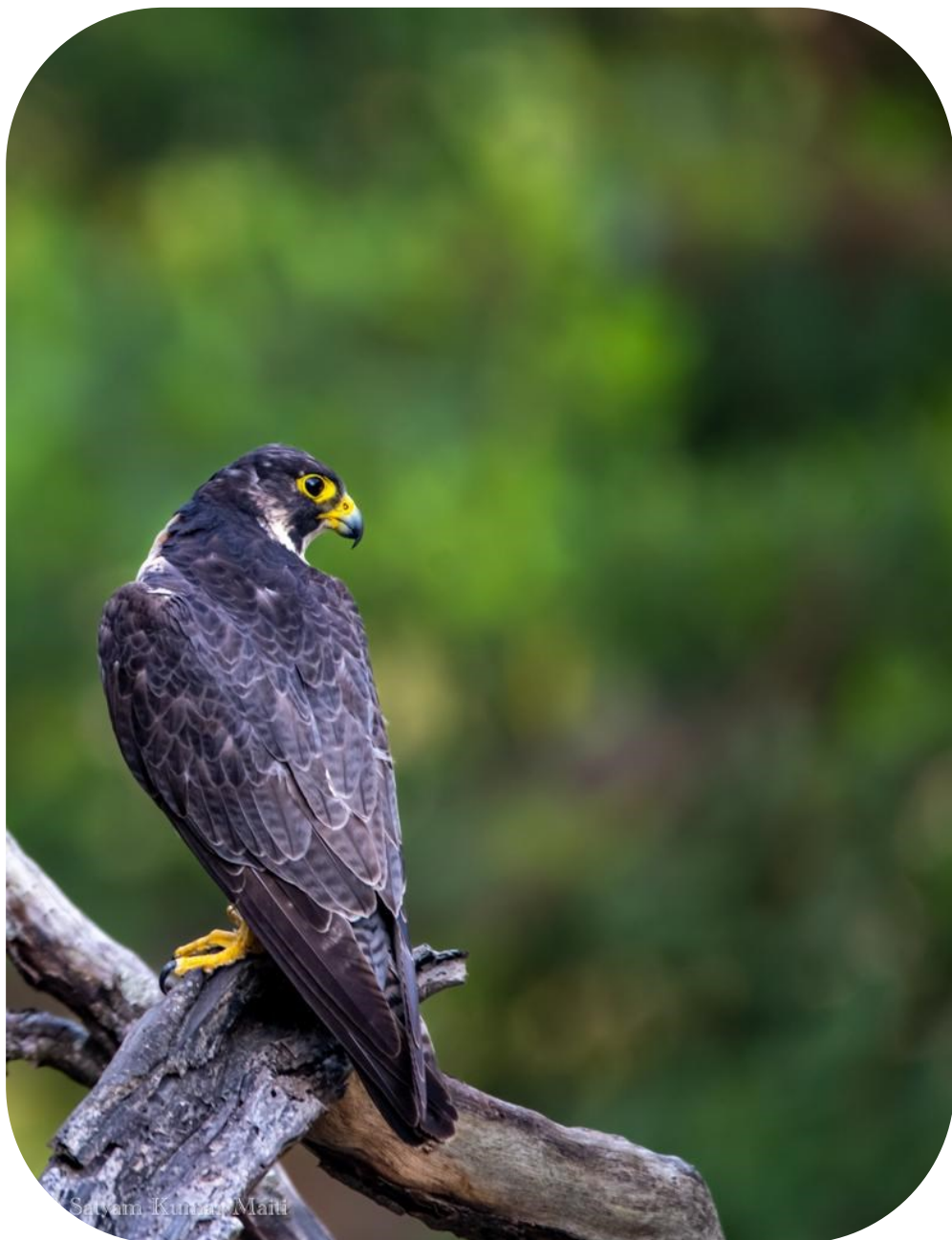
© Satyam Kumar Maiti

Bird Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
Consultant Ophthalmologist
Aaloey - Phera,
Contai, Purba Mednipur,
West Bengal, India.

Peregrine Falcon



Satyam Kumar Maiti

Flower Photography



Dr. Pankaj Joshi,
MBBS, DNB
Reconstructive Urolo-
gist.
Urokul,
Pune.

Dr Pankaj Joshi is a reconstructive surgeon, practicing at Urokul Pune. He specialised in reconstructive urology, member of many urological societies in the world.

Apart from busy routines what makes me happy are early morning nature walks and photography. Here are some of his flower photographs which heterogeneously enhancing would like to refer as colours of nature.



Flower Photography



Dr. Pankaj Joshi,
MBBS, DNB
Reconstructive Urologist.
Urokul,
Pune.



Flower Photography



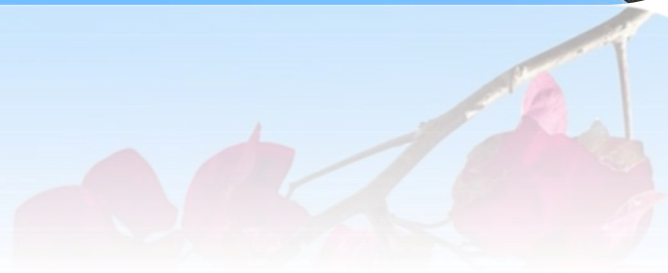
Dr. Pankaj Joshi,
MBBS, DNB
Reconstructive Urologist.
Urokul,
Pune.



Flower Photography



Dr. Pankaj Joshi,
MBBS, DNB
Reconstructive Urologist.
Urokul,
Pune.



Flower Photography



Dr. Pankaj Joshi,
MBBS, DNB
Reconstructive Urologist.
Urokul,
Pune.



Paintings & Sketches



Dr. Ritu Gupta is a General Physician by profession and is based in Bengaluru.

She is an avid photographer and a painter. In this issue we will have some of her paintings here. I am sure you will like it.

Dr. Ritu Gupta
MBBS(Gold medal-
list) ,PGD Hospital
management,
Bengaluru

Worli with a twist of mandala- Post wedding Procession - Doli
Water colour on A-300 GSM paper.



Paintings & Sketches



Dr. Ritu Gupta
MBBS(Gold medallist) ,PGD Hospital Management,
Bengaluru

Buddha "The Lokaguru"- teacher of the world

Mixed medium 36"×36" canvas .



Paintings & Sketches



Dr. Ritu Gupta
MBBS(Gold medallist) ,PGD Hospital Management,
Bengaluru

Lost In the jungle- A-3 300 GSM paper - mixed medium



Paintings & Sketches



Dr. Ritu Gupta
MBBS(Gold medallist) ,PGD Hospital Management,
Bengaluru

The Hero - inspired by famous artist Ramesh Gorjala
-16"×16 " canvas , Acrylics



Paintings & Sketches



Dr. Sanjeev Handique is a friend and fellow Radiologist from Guwahati. 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.

Dr. Sanjeev Handique,
MBBS, MD
Director Radiology &
Imaging GNRC Six mile
Hospital,
Guwahati, Assam



Wards lake on a Rainy day" 15x11" watercolour on Khadi Paper 320gsm

Paintings & Sketches



Dr. Sanjeev Handique,
MBBS, MD
Director Radiology &
Imaging GNRC Sixmile
Hospital,
Guwahati, Assam

A quick sketch
of the train street
in Hanoi



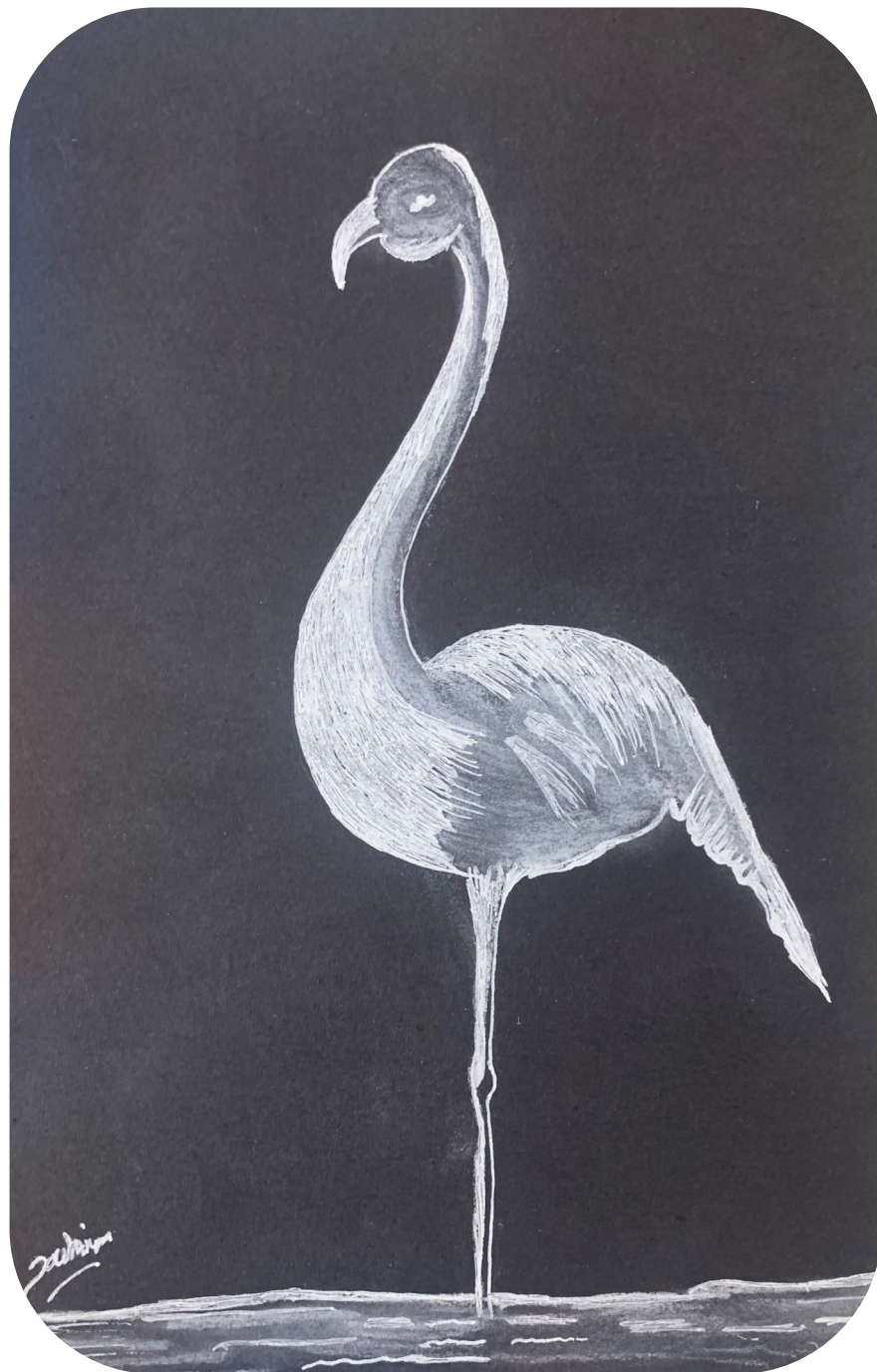
Paintings & Sketches



Dr Sachin Gonjari
MD.DNB (Radio diag-
nosis)
Consultant radiologist
Wakad, Pune

Dr Sachin Gonjari is also a fellow Radiologist. He is a practicing consultant radiologist since last 20yrs. He has his own sonography clinic in Wakad Pune since 11 yrs. Drawing and painting are his hobbies since childhood. He always manages to take time out from his busy schedule, to pursue his hobby as he considers this relaxing and peaceful

Here are some of his paintings. I am sure you will like them.



Paintings & Sketches

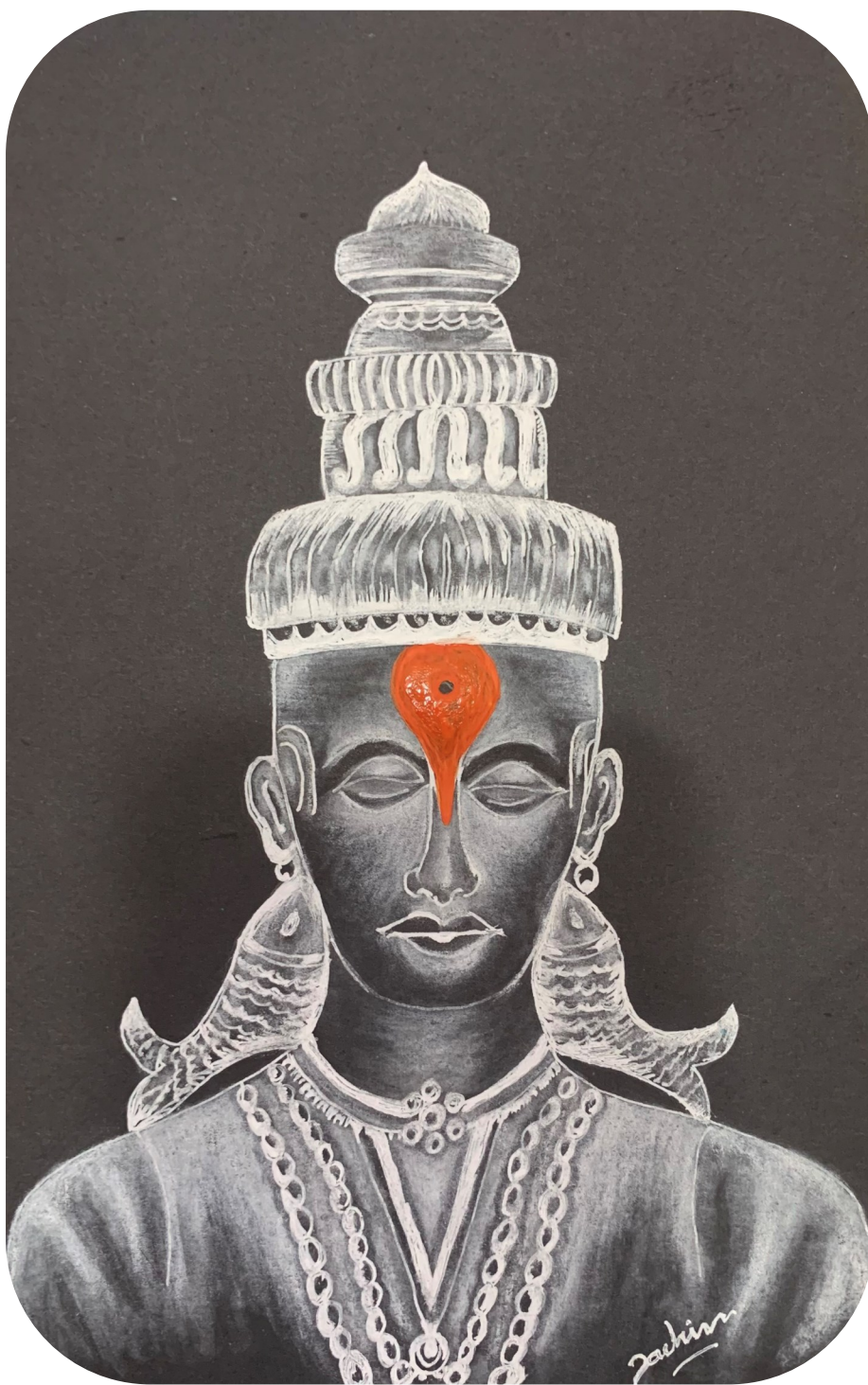


Dr Sachin Gonjari

MD.DNB (Radio diagnosis)

Consultant radiologist

Wakad, Pune



Paintings & Sketches



Dr Sachin Gonjari

MD.DNB (Radio diagnosis)

Consultant radiologist

Wakad, Pune



Paintings & Sketches



Dr Sachin Gonjari

MD.DNB (Radio diagnosis)

Consultant radiologist

Wakad, Pune



Paintings & Sketches



Dr Sachin Gonjari

MD.DNB (Radio diagnosis)

Consultant radiologist

Wakad, Pune



Paintings & Sketches



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.



Literature - Poems



आज लहरा दीया हमने भी झंडा
कर दिया अपना कर्तव्य पुरा

कर चोरी, काला बाज़ारी
रिशवतखोरी, सीनाज़ोरी
गद्दारी, मक्कारी, आगज़नी
दंगाखोरी, दगाबाज़ी, संकीर्णता
बाक़ी के दिन यही है हमारा फ़ंडा

लेकिन आज लहरा दीया हमने भी झंडा
हमने भी कर दिया अपना कर्तव्य पुरा

तबीब - विरल

Literature - Shers

कम्बख्त यह ख्वाहिशें,
जो थमने का नाम नहीं
लेती

कमबख्त यह साँसे, जो
थम जाती है।

- विरल

Photography: Dr. Patrick Basu



Next issue in September 2023

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