

REFLECTIONS

Volume 4 Issue 9

01.09.2023

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

Painting by Dr. Rati Vajpeyi



Photography: Dr. Patrick Basu

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Special points of interest:

- Travelogue by Dr. Bharat Parekh
- Paintings by Dr. Rati Vajpeyi, Dr. Sushma Marulkar, Dr. Madhuri Salwe, Dr. Varsha Vaishnav & Dr. Juni Menon.
- Photography by Dr. Sushanta Bhadra, & Dr. Arunava Borah.
- Poems by Dr. Rohini Patil
- Short story by Dr. Smita Mahajan

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Reflections

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Radiologist's Musings - Dr. Viral Parekh

Hi!, Namaste, It gives me immense pleasures in presenting the 42nd. issue of Reflections.

India is a rising power in the field of space research, with many achievements and ambitions. Chandrayaan-3 was launched on 14 July 2023. The spacecraft entered lunar orbit on 5 August, and the lander touched down in the lunar south pole region on 23 August 2023 at 18.04 IST, making India the fourth country to successfully land on the Moon, and the first to do so near the lunar south pole. It was so heartening to see nation taking interest in a space research programme and eagerly waiting for Vikram Lander to do soft landing on moon. While India made history with the successful landing of Chandrayaan-3 on the south pole of the Moon, the Indian Space and Research Organisation (ISRO) created another record with its YouTube channel during the live streaming of the landmark event. With over 8 million concurrent viewers, the touch-down of Chandrayaan-3's lander module became the most-watched event on YouTube during live streaming.

India's space program began in 1962, when the Indian National Committee for Space Research (INCOSPAR) was established under the leadership of Dr. Vikram Sarabhai. The first Indian satellite, Aryabhata, was launched in 1975 by a Soviet rocket. Since then, India has launched more than 100 satellites for various purposes, such as communication, remote sensing, navigation, meteorology, and astronomy.

One of the most notable achievements of India's space program is the Chandrayaan-1 mission, which was launched in 2008 and became the first Indian spacecraft to orbit the Moon. Chandrayaan-1 carried 11 scientific instruments from India and other countries, and made several discoveries, such as the presence of water molecules on the lunar surface. Chandrayaan-2, launched in 2019, attempted to land a rover on the Moon's south pole, but failed due to a technical glitch. However, the orbiter is still functioning and providing valuable data.

Another milestone for India's space program is the Mars Orbiter Mission (MOM), also known as Mangalyaan, which was launched in 2013 and became the first Asian spacecraft to reach Mars orbit. MOM is also the cheapest interplanetary mission ever, costing only \$74 million. MOM carries five instruments to study the Martian atmosphere, surface, and mineralogy.

India is also developing its own human spaceflight programme, called Gaganyaan. It is India's first human spaceflight mission, is scheduled to launch in 2024. India's space program faces many challenges, such as limited funding, technological constraints, international competition, and geopolitical issues. However, India's space program also offers many opportunities, such as scientific advancement, economic development, national pride, and international cooperation. India's space program is a reflection of its aspirations and potential as a global player in the 21st century. I am eagerly waiting for launch of ISRO's Aditya-L1 which is scheduled on September 2, 2023 at 11:50 am. IST. L1 stands for Lagrange point which is about 1.5 million km from the earth. All the best ISRO. You are nation's pride and world's envy and my new found love for space science & technology.

This issue would not have been possible without the help of Dr. Arunava Borah, Dr. Juni Menon, Dr. Sushanta Bhadra, Dr. Madhuri Salwe, Dr. Varsha Vaishnav, Dr. Rati Vajpeyi, Dr. Sushma Marulkar, Dr. Smita Mahajan, and Dr. Rohini Patil. I am obliged and sincerely thank all of them.

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Music : Hindustani Classical Music : Poorvi Thaata



Poorvi thaata is one of the ten basic scales or thaata in Hindustani classical music. It is derived from the ancient Vedic mode, Shree, which was also the name of a goddess of wealth and beauty.

Poorvi thaata is one of the ten basic scales or modes (thaatas) of Hindustani classical music, the musical tradition of North India. It is also known as Purvi or Puriya thaata. Poorvi thaata consists of seven notes: Sa, Komal Re, Shuddh Ga, Shuddh Ma, Shuddh Dha, Komal Ni and Sa. The notes in poorvi thaata are similar to those in marwa thaata, except that poorvi thaata has a shuddh ma instead of a tivra ma.

Poorvi thaata is considered to be a serious and somber scale, suitable for expressing emotions such as devotion, pathos, courage and valor. It is usually performed in the late evening or night, when the atmosphere is calm and contemplative. Poorvi thaata is associated with the rainy season, as it evokes the mood of longing and separation.

There are many ragas that are derived from poorvi thaata, such as Poorvi, Puriya, Puriya Dhanashree, Paraj, Shree and Shubh Kalyan. Each raga has its own characteristic melodic phrases and rules of movement that distinguish it from other ragas in the same thaata. Some common features of ragas in poorvi thaata are:

- The use of komal re and komal ni as important notes that create tension and resolution in the melody.
- The use of shuddh ma as a resting note or nyasa that provides stability and balance in the melody.
- The use of vakra or zigzag movements in the ascent and descent of the scale, such as Sa Re Ga Ma Dha Ni Sa or Sa Ni Dha Ma Ga Re Sa.
- The use of meend or glide between notes, especially between komal re and shuddh ga, and between shuddh dha and komal ni.
- The use of gamak or ornamentation to embellish the notes and add expression to the melody.

Poorvi thaata is a rich and complex musical system that offers a wide range of possibilities for musical exploration and expression. It is a challenging but rewarding scale for both performers and listeners of Hindustani classical music.

Paintings by Dr. Juni Menon

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.weebly.com. Instagram : rati54

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.

Doodling with pen , travel pens, pencil on print paper while having coffee in St. Lucia. The unaware model was shown this.



Art - Paintings & Sketches



Dr Rati Chand Vajpeyi
MD (PGI) Rad.Onc,
FISCC (OX) ,
CAN-coach, CRA

Friday live model watercolour portrait. A challenge.



Art - Paintings & Sketches



Dr Rati Chand Vajpeyi
MD (PGI) Rad.Onc,
FISCC (OX) ,
CAN-coach, CRA

Using the primary colours and Burnt Sienna . With thanks to Konstatin



Art - Paintings & Sketches



Dr Rati Chand Vajpeyi
MD (PGI) Rad.Onc,
FISCC (OX) ,
CAN-coach, CRA

Live model watercolour portrait.



Paintings & Sketches



Dr Madhuri Salwe,
MBBS, DMRE.
Consultant Radiolo-
gist
Chinchwad, Pune
Maharashtra

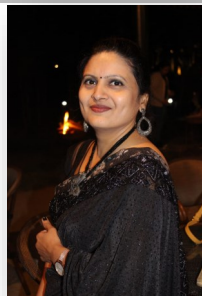
Dr. Madhuri Salwe is also a fellow Radiologist. She started some pencil work in her childhood. There were many long gaps and then she drew some sketches while studying MBBS.

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.

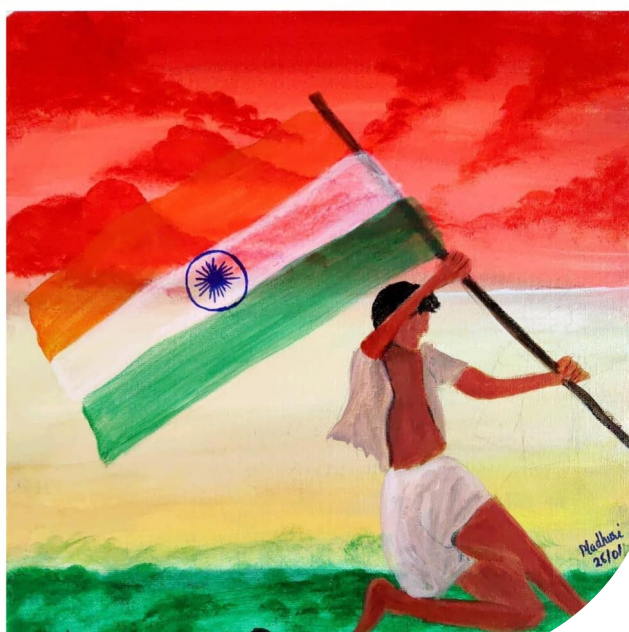
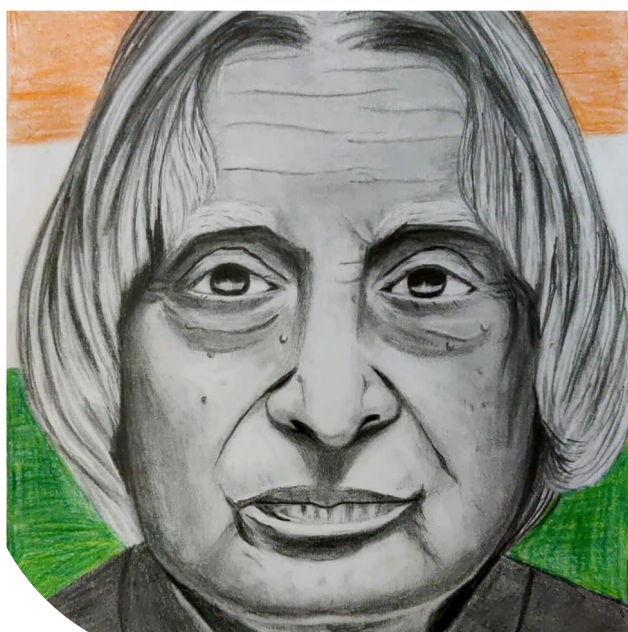
Whatever she learnt till date is from self experience, learnt from mistakes and she keeps on upgrading herself from pencil to acrylic on canvas to water colour and white pencil on black and this the result of her journey. I am sure you will like it.



Paintings & Sketches



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



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 art-forms, but sketching is most skilful art learnt during lockdown. Here are some of her painting.



Paintings & Sketches



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



Paintings & Sketches



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



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.



Paintings & Sketches



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



Paintings & Sketches



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



Paintings & Sketches



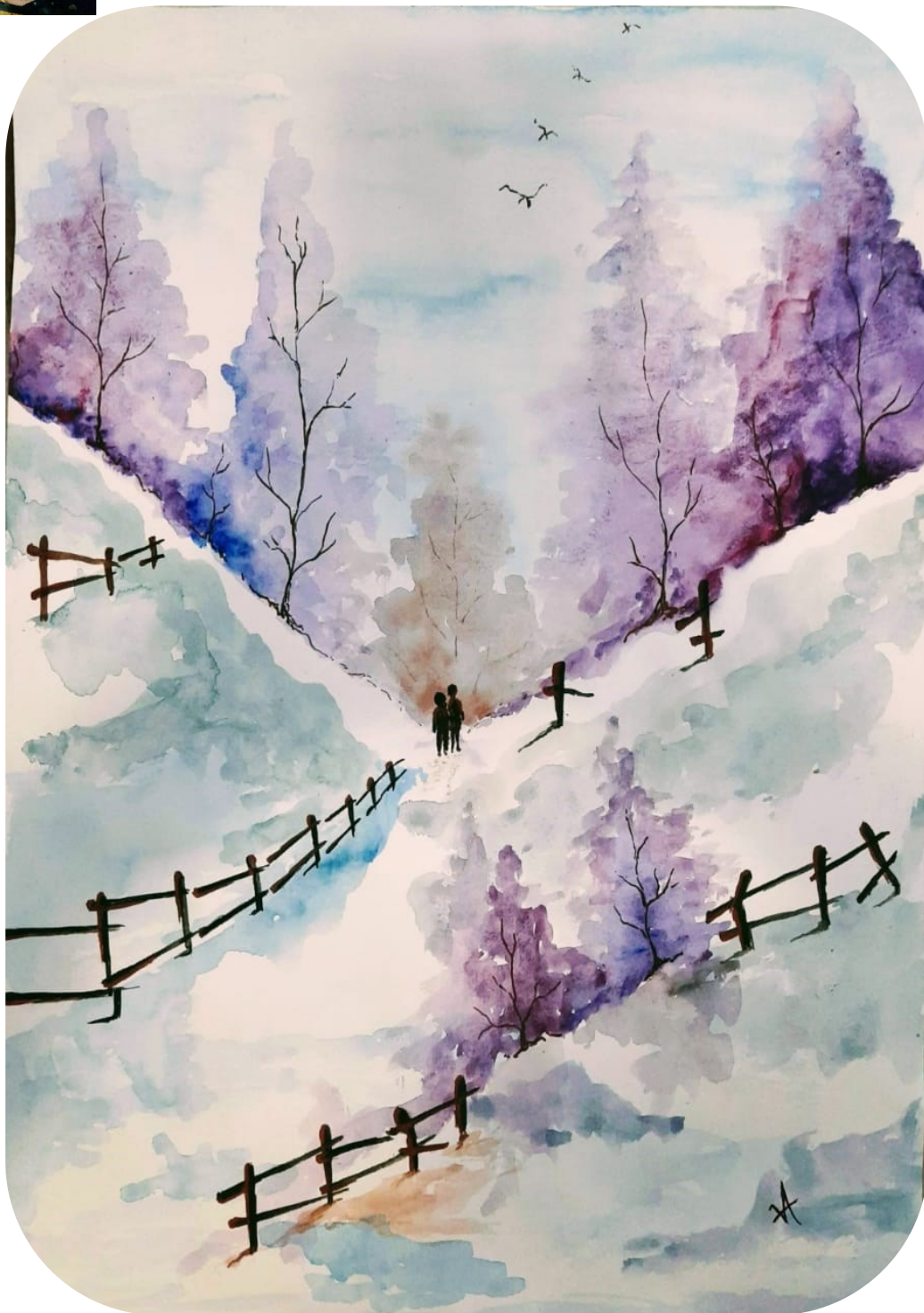
Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.



Paintings & Sketches



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



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.

Craters & Minerals
Canon 7D stock DSLR
Canon 400mm F5.6 L USM + Canon 2x TC
ioptron Skyguider pro
Tracked at Lunar speed
f/11, iso 320, 1/160sec
stack of 30images
Softwares- PIPP, Autostackert, Adobe PS
Dhubri, India
May 2023



Astrophotography



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

Lunar water

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



Astrophotography



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

Southern Pinwheel Galaxy

Messier 83 or M83, also known as the Southern Pinwheel Galaxy, is a barred spiral galaxy approximately 15 million light-years away in the constellation borders of Hydra and Centaurus.

Canon 1200D
Canon 400mm
f5.6
ioptron
Skyguider pro
(unguided / undithered)
Optolong CLS
CCD filter
Total integration



SOUTHERN PINWHEEL GALAXY

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.

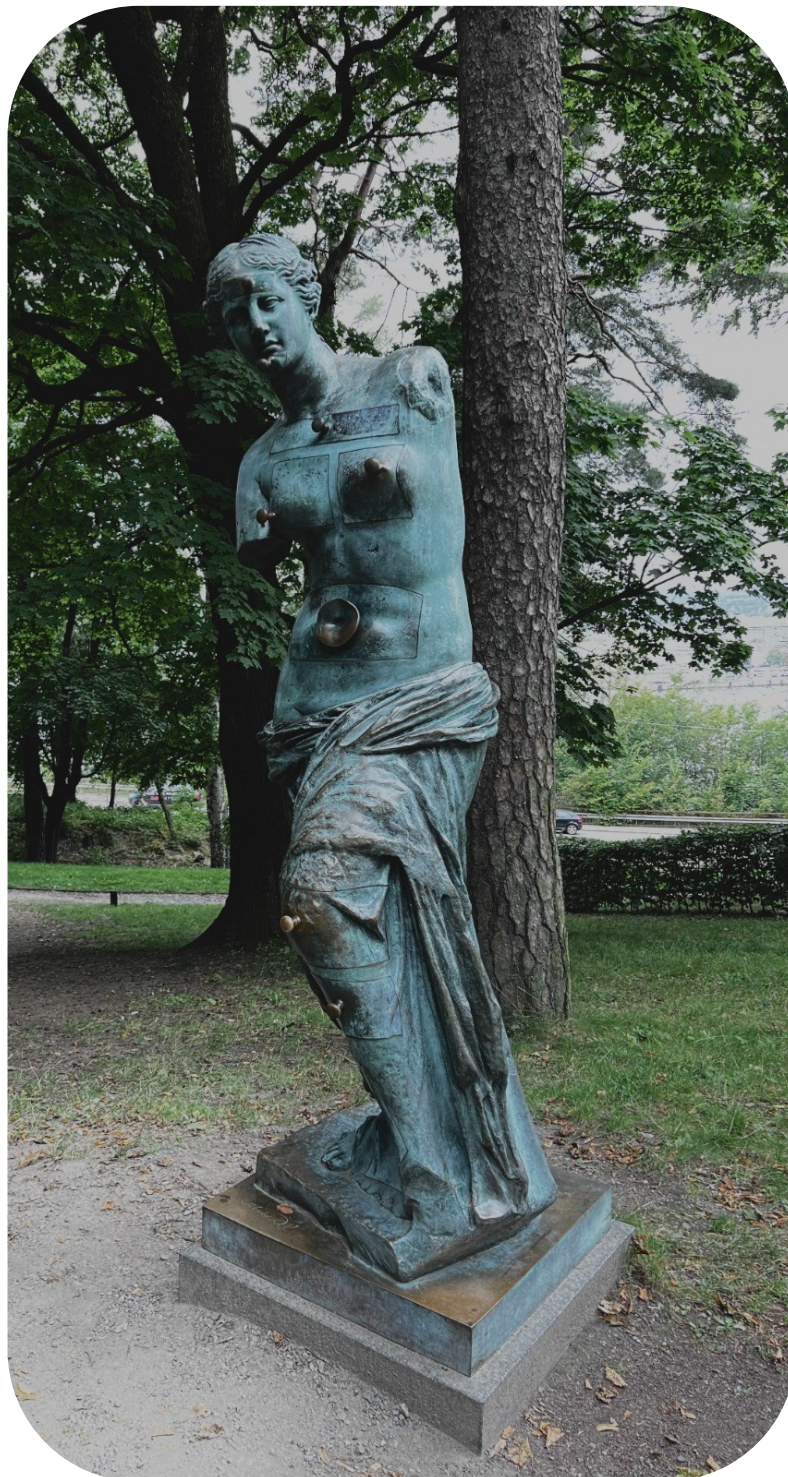
**Mr. Sushanta Bhadra,
MBBS, MD, DTMH, DNB, FRCOG, FRCGP, LLB.
Clinical Director,
North Bexley PCN
United Kingdom.**



Photography



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



Photography



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



Photography



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Photography



Mr. Sushanta Bhadra,
MBBS, MD, DTMH, DNB, FRCOG, FRCGP, LLB.
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Photography



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



Travelogue



**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.

New Zealand Travelogue Part 4:

After a stunning visit to the Waitomo caves, we drove eastwards to reach Rotorua, the land of geothermal wonders, in the afternoon.

The evening was scheduled for a visit to the Tamaku Māori Village—a peek into a village of the original settlers Māoris that is recreated. Maori's were the indigenous Polynesian people of mainland



New Zealand (Aotearoa). Māori originated with settlers from East Polynesia, who arrived in New Zealand in several waves of canoe voyages between roughly 1320 and 1350. Over several centuries in isolation, these settlers developed their own distinctive culture, whose language, mythology, crafts, and performing arts evolved independently from those of other eastern Polynesian cultures.

After their dance performance and a sumptuous dinner we resigned to our hotel rooms. Next morning we visited a botanical park studded with small ponds of bubbling hot water and later took a boat on the Lake Rotoiti to spend few hours into a natural hot water springs and spatruly an exhilarating and rejuvenating experience.

The evening was spent gazing colourful geysers of Te Puia. That was our 2 days in Rotorua. From here we were set to drive over to Taupo. More about it in the next issue.

Travelogue



Dr. Bharat Parekh, MD
Senior Radiologist



Travelogue



Dr. Bharat Parekh, MD
Senior Radiologist



Travelogue



Dr. Bharat Parekh, MD
Senior Radiologist



Travelogue



Dr. Bharat Parekh, MD
Senior Radiologist



Literature - Poems



Dr. Rohini Patil
MBSS, DGO
Gynaecologist
Nalasopra, 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 Manaat", Dainik Herald newspaper, Goa for 2 years. She has finished 5 exams from Gandharva Vidyalaya in Kathak Nritya. She is about to publish a booklet of four liners. Here are some of her poems.

A Date With The Moon

As they worked day night
With brains and might
A dream came true
Space negotiated through

All classy brethren
Both women and men
Pulled it over
A coveted adventure

The world 's dumbstruck
Hard work ;not just luck
We march to a bright tomor-
row

Hail INDIA Hail ISRO

Journey V/S Destination

Let me enjoy the road
Every downhill, every load
Every aisle, every mile
Every stroke on every mode

Let me cherish
Every dusk and dawn
All stones and pebbles
On the path I've sworn

Under the Sun the clouds n rain
Let me soak and dry again

Destination; I least care
Road's more fun that
Takes me there
So let me sing , dance and cheer
A thought of mine quite crystal clear

Literature - Short story



Dr. Smita Mahajan
MBBS, DMRD
Consultant Radiologist
Kalyan, Maharashtra,

Dr. Smita Mahajan is also a fellow Radiologist. She now runs her own clinic - Nishkarsh X-ray & Sonography Centre at Kalyan, Maharashtra. She started writing poems during college days , then there was a long break . She has resumed it since last 2-3 years. Her poems are mostly emotional outbursts of her feelings , her dreams and her past. She is inspired by nature and hence you can find their descriptions in most of them. Here she has written a short story. I am sure you will like it.

The wait

It was Saturday night and it had been two days since she was in town and was eagerly waiting to be in the Resto-bar....

She studied in this city for 4 years and had many friends... Hostel friends, college friends and few, who without any reason or context, appeared in her life and then moved on ...All , but one ! There was one who remained friends with her for over decades. Actually, they had nothing in common- their lives , their interests, their backgrounds, their profession - everything was poles apart!

Theirs wasn't a usual friendship. They hardly connected with each other on phone or other social media platforms. They were oblivious of happenings in each other's lives.... But when ever she came to town on some work or otherwise, she would just walk in to their favourite den , unannounced, on Saturday night at 8.pm . And she would find him sitting , sipping his drink.... She could never understand, whether he waited for her to come ; on Saturday nights He would show no signs of emotions on seeing her . It was as if, it was just a normal thing for him - that she would walk in and find him there. Sometimes twice a year or sometimes once in two years.

Continued on next page

Literature - Short story



Dr. Smita Mahajan
MBBS, DMRD
Consultant Radiologist
Kalyan, Maharashtra,

The Wait

Did he really hide his emotions or was he really not bothered? She couldn't say because when they started talking, It was like picking up from where they left last time & would go on and on, talking about everything under the sun and most of the time disagreeing and arguing.... to the point where she would feel disgusted and angry and would vow to herself , never will I meet him again. But then a short message ' See you on your next visit' would melt away her resolve....

She herself was unable to understand the bond between them. Perhaps, if it was someone else , she wouldn't even have bothered to talk back to a person with such a personality, that too a male !!!

But with him , it was different. It wasn't love, it wasn't affection or infatuation or caring, for that matter! It was probably acknowledging and silently praising his intellect. Yes , that's what she thought about their friendship.

It was three years since she visited the town. This time she was restless and was waiting for her conclave to get over. She was late, attending to the students and the journalists, but managed to get away to reach their den in time.

She walked in, just visualising him to be sitting there , as usual, sipping his favourite drink & then looking up , finding her standing there, with a demeanour that said, so you are here . No hello , no hi ...

She walked in, to find the seat vacant! She was shocked. She sat down and ordered her drink. Waiting. She took out her phone from the purse and searched for his name, to call him and find out where he was.

Suddenly it struck her , he would never come back again... He left for another world sometime back . She knew, but hadn't accepted it , she couldn't!

She sat there silently , gripping the glass and staring at the entrance. For once , she thought, she would wait for him to come ...

Knowing he couldn't come through the door.... ever....

& she waited...

Painting: Dr. Rati Vajpeyi



Next issue in October 2023

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