

# REFLECTIONS



## Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 4

Issue: 10

October 2023



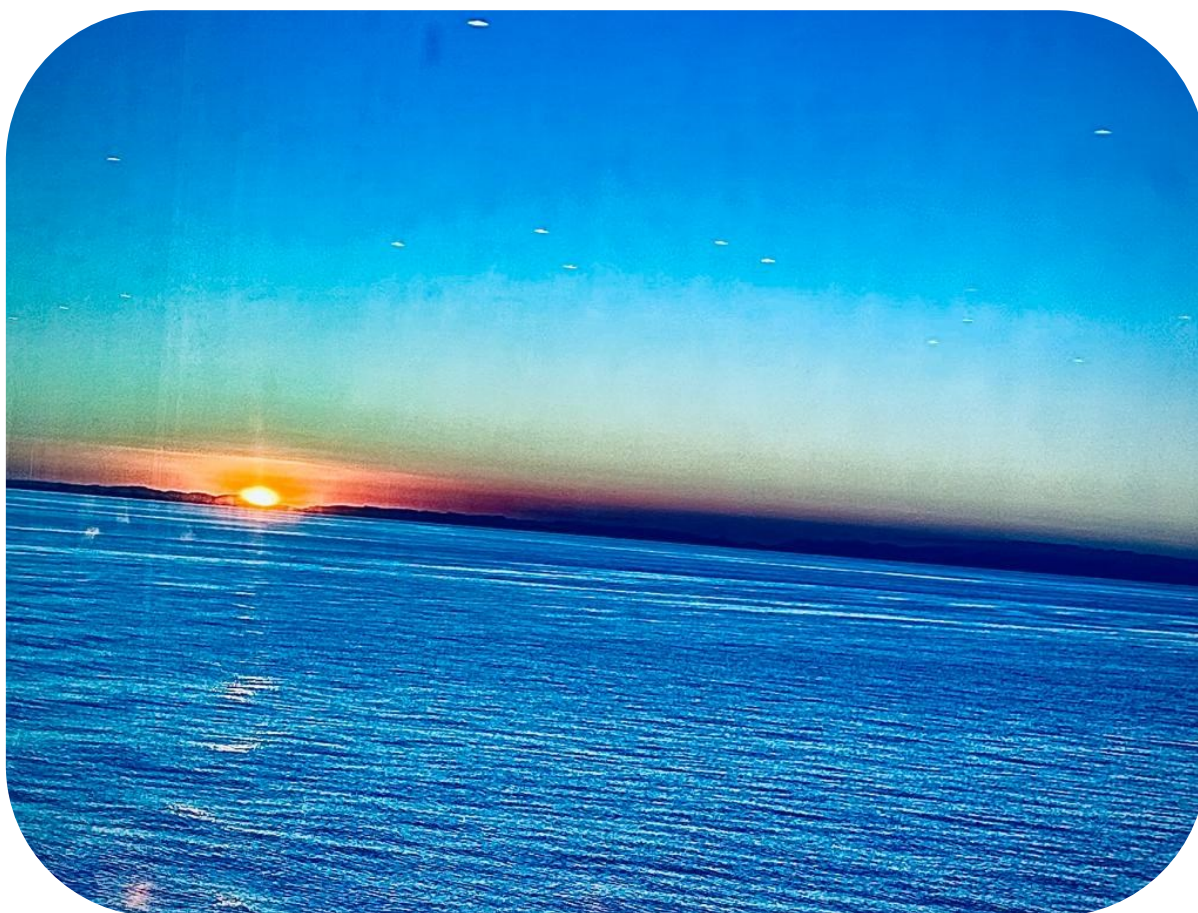
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Volume 4 Issue 10

01.10.2023

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

Photography: Dr. Patrick Basu



Photography: Dr. Patrick Basu

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## Special points of interest:

- Paintings by Dr. Rati Vajpeyi, Dr. Shweta Giri, Dr. Madhuri Salwe, & Dr. Juni Menon.
- Photography by Dr. Reeta Bora, Dr. Patrick Basu, Dr. Sushanta Bhadra, & Dr. Arunava Borah.
- Poems by Dr. Rohini Patil & Dr. Shweta Giri

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## Radiologist's Musings - Dr. Viral Parekh

Hi!, Namaste, It gives me immense pleasures in presenting the 43rd. issue of Reflections.

October is going to be an exciting month. We will have lot of things happening around us. During this month we will have Navratri/Durga Puja and of course the ICC cricket world cup. Durga Puja is celebrated with a great enthusiasm in the part of India where I belong to, that is Bengal and Navratri is always celebrated with a great fervour in Gujarat, where my roots are. But world cup cricket is played, followed and celebrated like any other festival where my heart is, that is my beloved country: India that is Bharat.

The 2023 ICC Men's Cricket World Cup is the 13th edition of the Cricket World Cup. The tournament will be hosted by India, beginning on 5 October and concluding on 19 November 2023. Ten national teams will participate; Afghanistan, Australia, Bangladesh, England, India, Netherlands, New Zealand, Pakistan, South Africa and Sri Lanka. Teams had to progress to the tournament via the 2023 Cricket World Cup qualification process, with the West Indies missing out for the first time in their history. England are the defending champions, having won the 2019 edition by defeating New Zealand in the final. The tournament will feature a total of 48 matches played across 10 venues in India. The first match of the tournament will be played between England and New Zealand on October 5th at Ahmedabad. The final match of the tournament will also be held at Narendra Modi Stadium in Ahmedabad on November 19th. The tournament will follow a round-robin and knockout format.

Cricket is followed madly in India, and like any other sports, it unites the country. Every person residing in India, bearing any linguistic or religious identity becomes an Indian. He/she is no more a Gujarati, Punjabi or Bengali but becomes what one should be, an Indian.

I had watched each and every match of 2019 world cup due to compulsion because I was bed-ridden for 3 months due to vertebral fracture, and had nothing else to do. But, I will be watching upcoming world cup not out of compulsion but because of my love for the game. I will be rooting for Virat Kohli, because this might be his last World cup. I want a great tournament with nail biting finishes for most of the matches. I wish each and every team plays great cricket.

Beside Virat Kohli, other Indian players to look out for are Bumrah, Md. Siraj, Kuldeep Yadav and of course Surya Kumar Yadav and Shubhman Gill. International players to look out for are Babar Azam - Pakistan: A top-order batsman and the current captain of Pakistan's national team, Mitchell Starc - Australia: A left-arm fast bowler and one of the best in the world, Shakib Al Hasan - Bangladesh: An all-rounder who is considered one of the best cricketers in Bangladesh's history, Bas de Leede - Netherlands: A young and talented all-rounder who has been making waves in the cricketing world.

Please note that this is not an exhaustive list, and there are many other talented players to watch out for during the tournament.

So, wish you all a very happy Durga Puja, Navratri and enjoy the world cup cricket.

This issue would not have been possible without the help of Dr. Rati Vajpeyi, Dr. Shweta Giri, Dr. Madhuri Salwe, Dr. Juni Menon, Dr. Reeta Bora, Dr. Patrick Basu, Dr. Sushanta Bhadra, Dr. Arunava Borah, & Dr. Rohini Patil. I am obliged and sincerely thank all of them.



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## Music : Hindustani Classical Music :



Todi thaat is one of the ten basic thaats of Hindustani music. It has komal (flat) rishabh, gandhar, and dhaivat, as well as teevra (sharp) madhyam.

The Todi raga represents the mood of delighted adoration with a gentle, loving sentiment and it's traditionally performed in the late morning.

Some of the ragas in Todi thaat are:

- Miyan Ki Todi / Todi / Darbari Todi
- Gujari Todi
- Madhuvanti
- Multani

Like Miyan Ki Malhar Miyan Ki Todi is said to be composed by Tansen, but this seems unlikely as the Todi scale in Tansen's time was the scale of today's Bhairavi and the name Miyan Ki Todi appears first in the 19th century literature.

S r g ; r g ; g r ; g r S - these notes are rendered using Meend from Rishabh to Gandhar and vice versa. Hence, the Gandhar used in this Raag is of lower shruti then the regular komal Gandhar (Ati Komal). In this Raag, Komal Gandhar is Vadi and Komal Dhaivat is Samvadi.

The form of Todi, without Pancham is named as Raga Gurjari Todi. This Raga is deep and creates an atmosphere full of Bhakti and Karun Ras. This Raga can be expanded in all the three octaves.

Rasa in Indian classical music is understood as mood of the raga. Miyan ki todi predominantly is mostly pervaded by a pensive, mournful mood which is then relieved in the drut (faster tempo) part, by a festive piece, possibly to alleviate the heavy pathos in the earlier stages of rendering, though not always. The composition is such as to afford an artist of high calibre to mould it in either the inherent pensive mood or to entirely present a festive mood.

The equivalent raga in Carnatic music is Shubhapantuvarali. But in Todi, the pancham is omitted in the Arohana, whereas Shubhapanthuvarali uses the panchamam in both the arohana and avarohana. Other forms of Todi which are popular are Bhupal Todi, Bilaskhani Todi, Gurjari Todi.



**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](http://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.**

**Quick sketch when we checked out of Mari-got Bay. He was there.**



## Art - Paintings & Sketches



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

**Friday model. Watercolour. Abstraction of a live model.  
Exploring my own voice nowadays. Who knows what will happen ?**





## Art - Paintings & Sketches



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

Marigot Bay. Had a wonderful vacation there. Serene, blue waters the sun.....





## Art - Paintings & Sketches



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

Friday model. Getting quicker. Watercolour is wonderful and really challenging Enjoying it





## Art - Paintings & Sketches



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

On our way to Hewanorra. St Lucia. From Zoetry St. Lucia  
Watercolour on paper.



## Paintings & Sketches



**Dr Madhuri Salwe,**  
MBBS, DMRE.  
Consultant Radiologist  
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.

**Another soft pastel work ..**

**Light and shadows ..**

**The brighter the light, the deeper the shadow...**



Madhuri 09/23



## Paintings & Sketches



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





## 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 sketching. I am sure you will be mesmerized by her work. Here are some of her paintings, which are awesome.

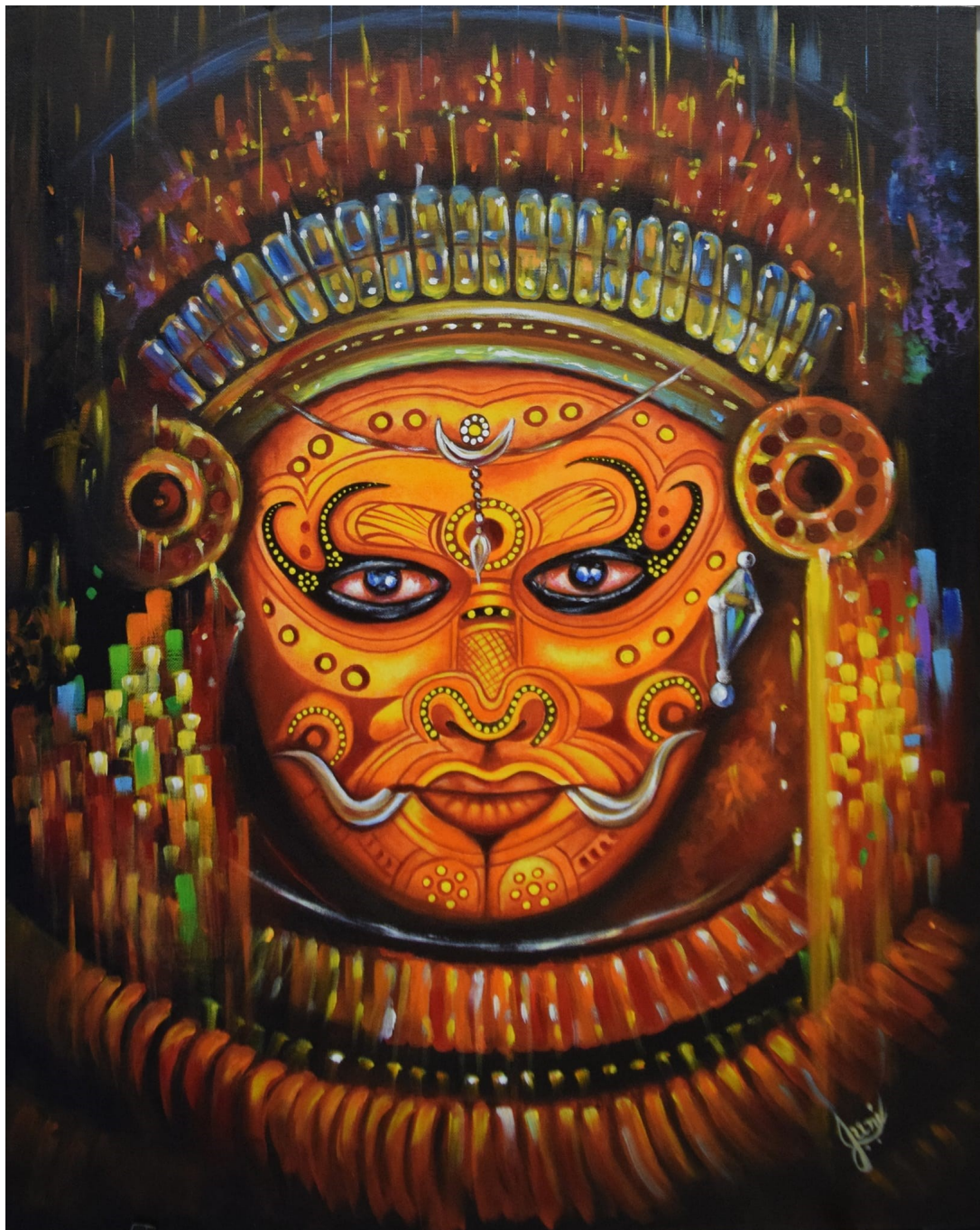




## Paintings & Sketches



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



## Paintings & Sketches



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





## Paintings & Sketches



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



# Astrophotography



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

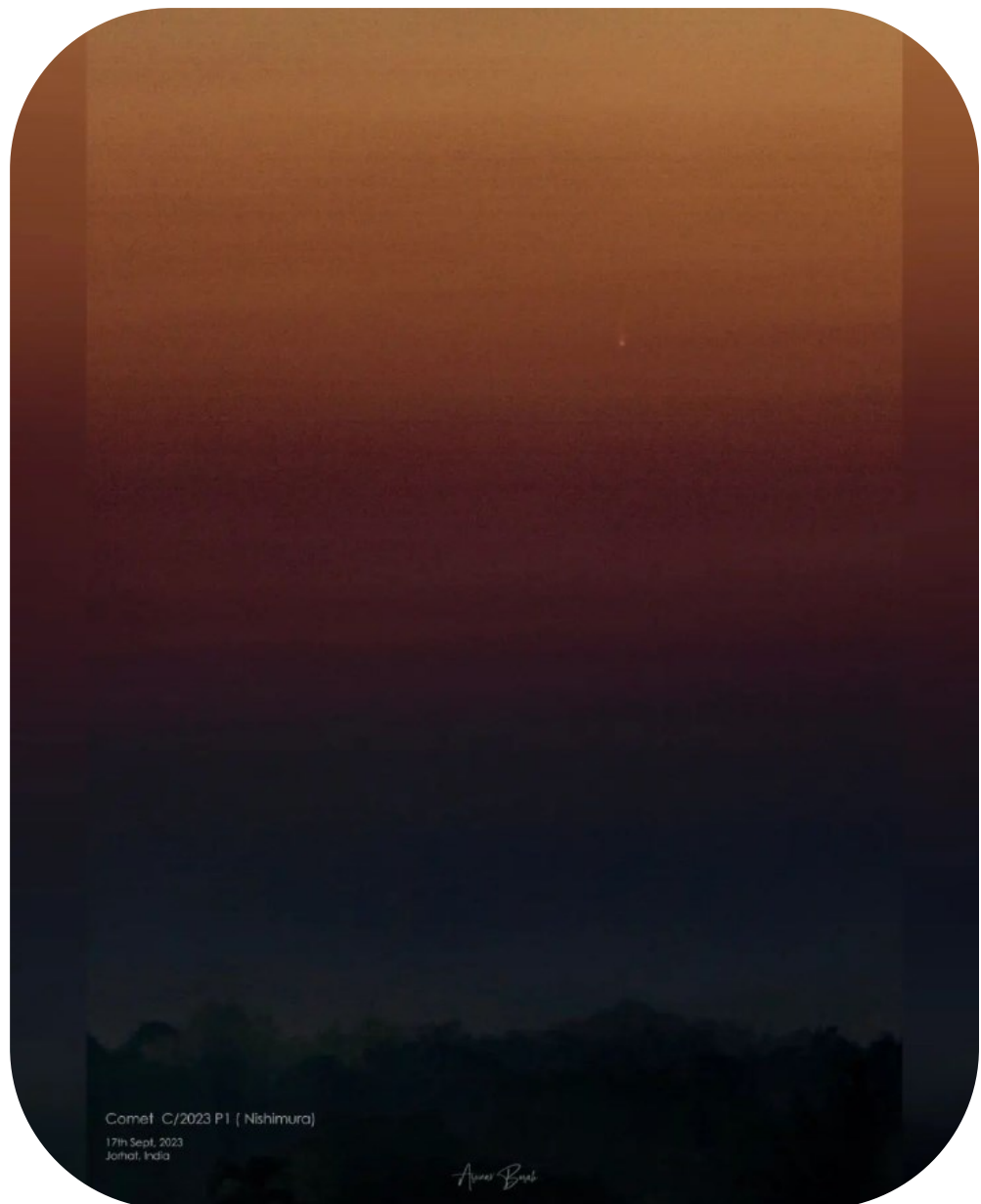
Dr. Arunava Borah did his MBBS from Assam Medical College, Dibrugarh ( 2004 batch). He did his postgraduation in Forensic Medicine and Toxicology from Gauhati Medical College, Guwahati in 2016. Currently he is working as Assistant Professor in Department of Forensic Medicine, Dhubri Medical College.

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.

**Comet Nishimura**  
us evening twilight colours.

**Canon 7D stock**  
**Samyang 135mm**  
**f2.0 lens**  
**ioptron Skyguider**  
**pro ( unguided /**  
**undithered)**

**Total integration-**  
**1min**  
**f/2.8, iso 200,**  
**2sec**  
**Softwares- DSS,**  
**Adobe PS**  
**Jorhat, India**  
**17th Sept,2023**



Comet C/2023 P1 [ Nishimura]  
17th Sept, 2023  
Jorhat, India

*Arunava Borah*



# Astrophotography



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

**IC4605-** Small blue reflection nebula which surrounds star 22 Scorpii.( in centre of my image)

**IC4604-** Diffuse blue reflection nebula with many dark absorption nebulae embedded in it. (Lowermost blue region)

**IC 4603 -** Diffuse blue reflection nebula (above IC 4604)

**M4 -** Globular star cluster (left upper half)

**Alniyat -** Hot blue giant star of the spectral type B1 III. It has a mass 18.4 times that of the Sun. The emission component is the red hydrogen field surrounding the very bright Sigma Scorpii ( @ Alniyat) who is ionizing the central region with a bluish hue. (below M4)

**NGC 6144-** It is a globular cluster in the located on right side from its brighter counterpart globular cluster Messier 4. It is partially obscured by the Rho Ophiuchi cloud complex.

**Antares-** Antares is classified as a red supergiant, and its distinctive reddish colour is easily visible to the naked eye. The Rho Ophiuchi Dark Cloud is a dense molecular cloud complex located near the star Antares. (Yellow orange region)



# Astrophotography



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

## South bank of Dhubri

The mighty Milkyway  
core above meets the  
mighty Brahmaputra  
river below....and  
when mighty things  
meet , thunder cloud  
breaks out at their  
point of contact .

Entirely clicked with  
samsung M51 cell-  
phone camera on tri-  
pod at various shutter  
speeds.

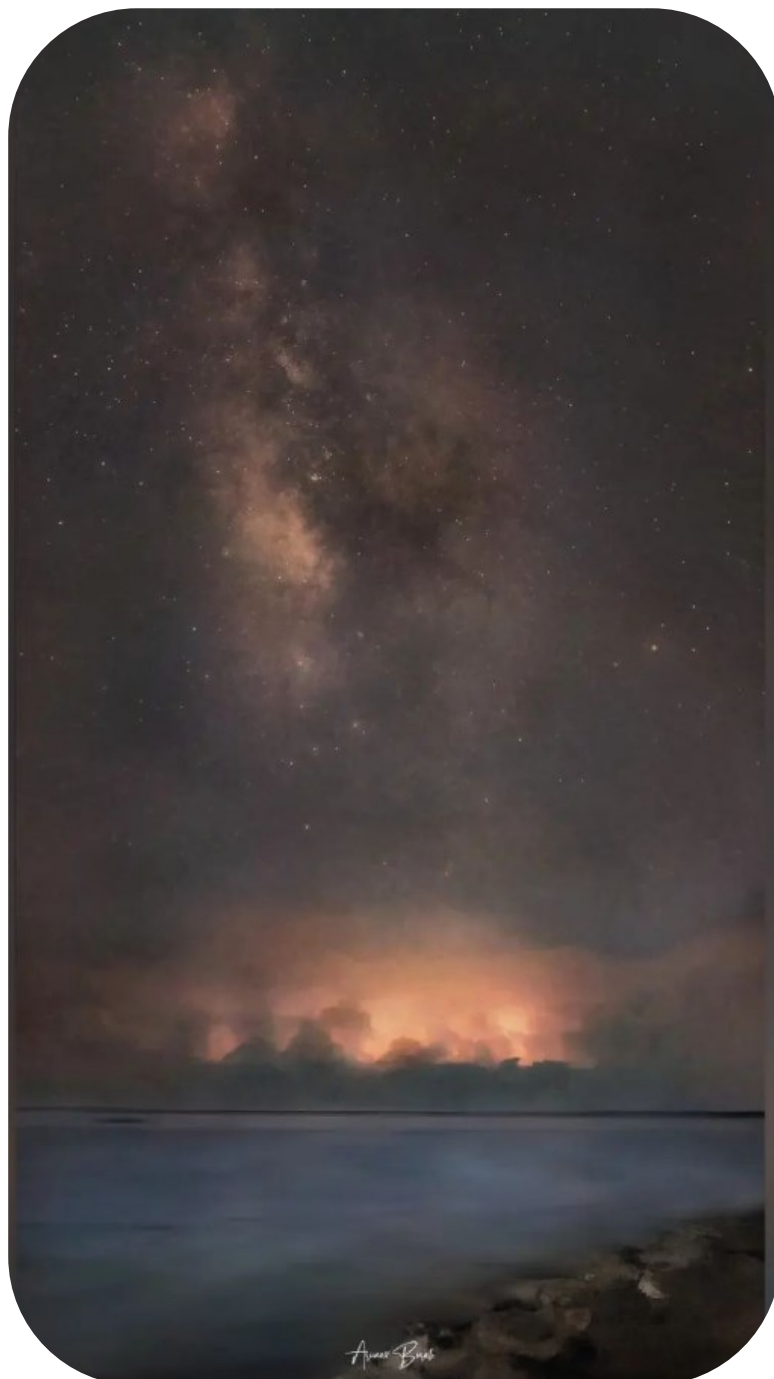
Stacked in Sequator,  
edited in PS

f/1.8 , 10sec, 1600  
iso

Total- 2mins of expo-  
sure

September, 2023

Dhubri, India





## Photography



**Dr. Reeta Bora**  
MBBS, MD,DM  
{Neonatology}  
Professor and Head  
of Paediatrics and  
Neonatology,  
Assam Medical  
College,  
Dibrugarh Assam.

**Dr. Reeta Bora is a Pediatrician and Neonatologist by profession. She did her MBBS from Assam Medical College Dibrugarh, MD Pediatrics from Assam Medical college, Dibrugarh and DM Neonatology from PGIMER Chandigarh. Her hobby has been painting since childhood , but with availability of cameras in cell phones, photography has become an easy way for her to capture beauty of day to day life . It has become a way for relaxation for her too. Here are some of her photographs. I am sure you will love them.**





# Photography



**Dr. Reeta Bora**  
**MBBS, MD,DM {Neonatology}**  
**Professor and Head of Paediatrics and Neonatology,**  
**Assam Medical College,**  
**Dibrugarh Assam.**

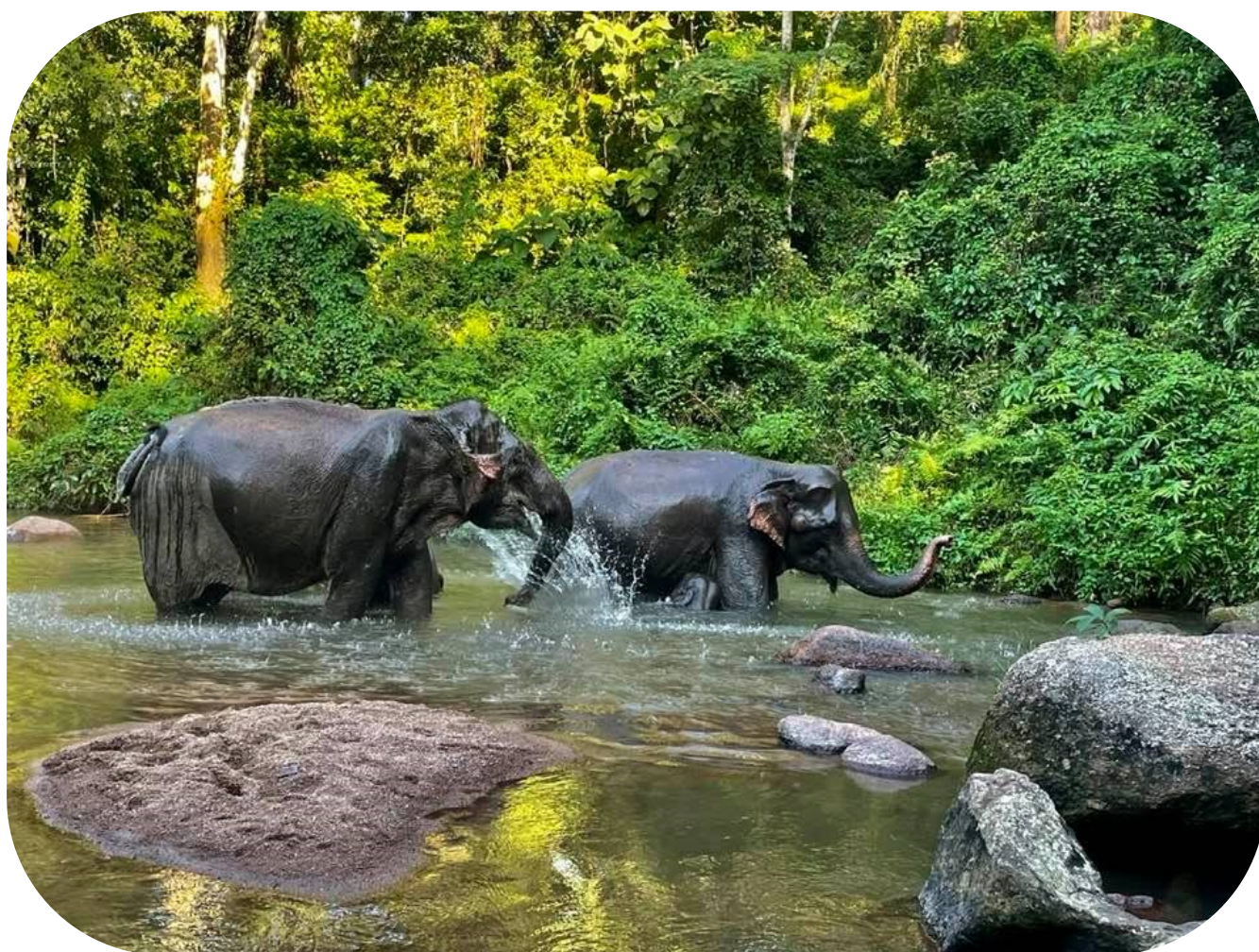




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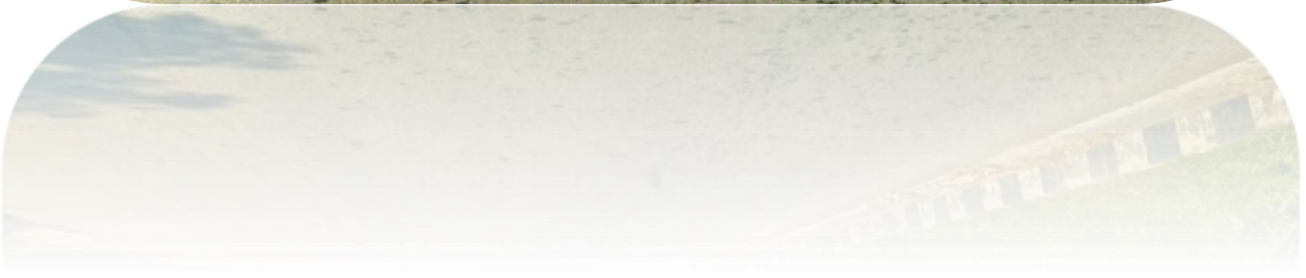




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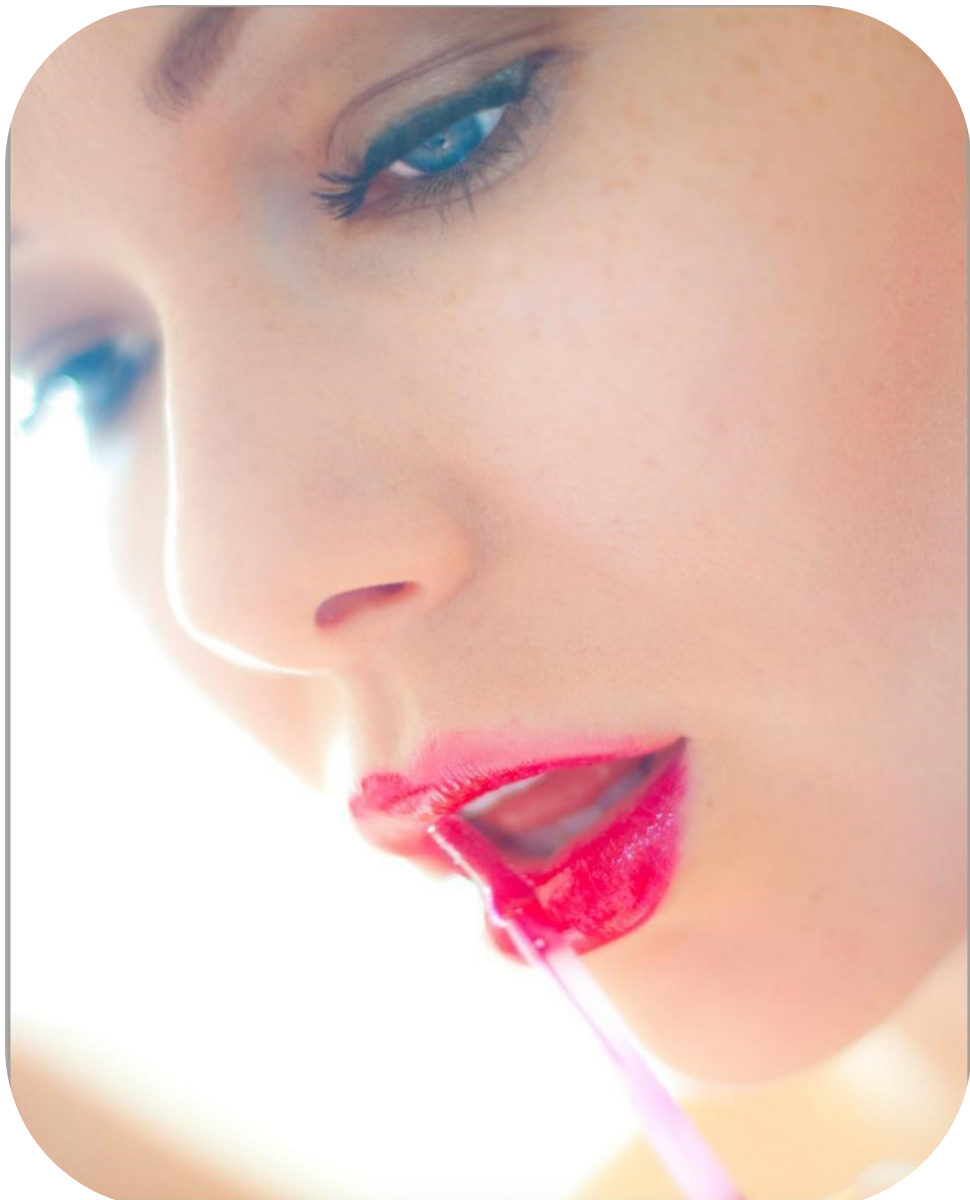
## Photography



**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



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





## Literature - Poems



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 two of her poems.

Dr. Rohini Patil  
MBSS, DGO  
Gynaecologist  
Nalasopra, Vasai,  
Maharashtra.

### BE YOUR FAVOURITE

My stance be right  
My looks be right  
My posture upright  
And weight be right

My gestures pleasing  
My walk be appealing  
My words be healing  
And goals be achieving

It may seem blite  
But to set things right  
With all your mind n might  
Just be your own favourite

### STRESS

Its a master blaster  
A bold intruder  
Can't be created  
Nor destroyed  
Just like matter

It checks you  
It breaks you  
It keeps ya wide awake  
It cracks you  
And puts you  
Often at stake

So to lessen your burden  
A trick works certain  
Get one task done  
And shift stress to the next one.

HOW'S THAT

## Literature: Poem



Dr. Shweta Giri  
MBBS DMRE  
Radiologist,  
Rising Medicare Hos-  
pital,  
Pune.

Dr. Shweta Giri is also a fellow Radiologist. She is practicing at Rising Medicare Hospital, Pune.

She is a humanitarian, an artist: a painter, poet & Writer. A Radiologist By profession.

Here are two of her poems which are accompanied by her paintings related to theme of the poems.



कुछ कम हुई है तेज हवाएँ  
थमता सा लग रहा है तूफान  
दूर ऊँचाई पर  
पर्वत के उस पार  
चमक रही है आभा केसरिया रंग की  
सुनाई दे रही है वो मधुर आवाजे  
झंकारती बीना की तारों सी  
उस घर से जो कभी लगता था मेरा  
जहां कभी था मेरा भी बसेरा  
बस कुछ दूर और मैं चल दू  
दबे कदमों की आहटों को सुन लूँ

सुन लूँ वो खटखटाहट  
खुलते दरवाजों की चिटखनी की  
उन पर्दों के पीछे की  
मुलायम दुनिया को जरा महसूस कर लूँ  
भर लूँ अपनी सासों को  
उन खुशबुओं से  
उस अपने से घर के एहसास से  
उन उलझे रास्तों से  
मेरे मन को जीवन को  
फिर से रोशन कर दू



## Literature: Poem



**Dr. Shweta Giri**  
**MBBS DMRE**  
**Radiologist,**  
**Rising Medicare Hospital,**  
**Pune.**

Pink is the colour.  
Pink is an emotion.  
And when they describe her  
They say she is tender.  
She cannot do it.  
She is fragile.  
She needs protection.  
Put her behind the walls.  
Close the doors and windows.  
Cover her up.  
No one sees her.  
Her ethereal beauty  
And her innocence  
Is the reason.  
She is in the prison.  
Yet when she is there?  
The prison becomes home.  
There is garden.  
And Fragrant bloom around  
They say she is pretty.  
So, she can't decide  
We will take decisions.



Continued on next page

## Literature: Poem



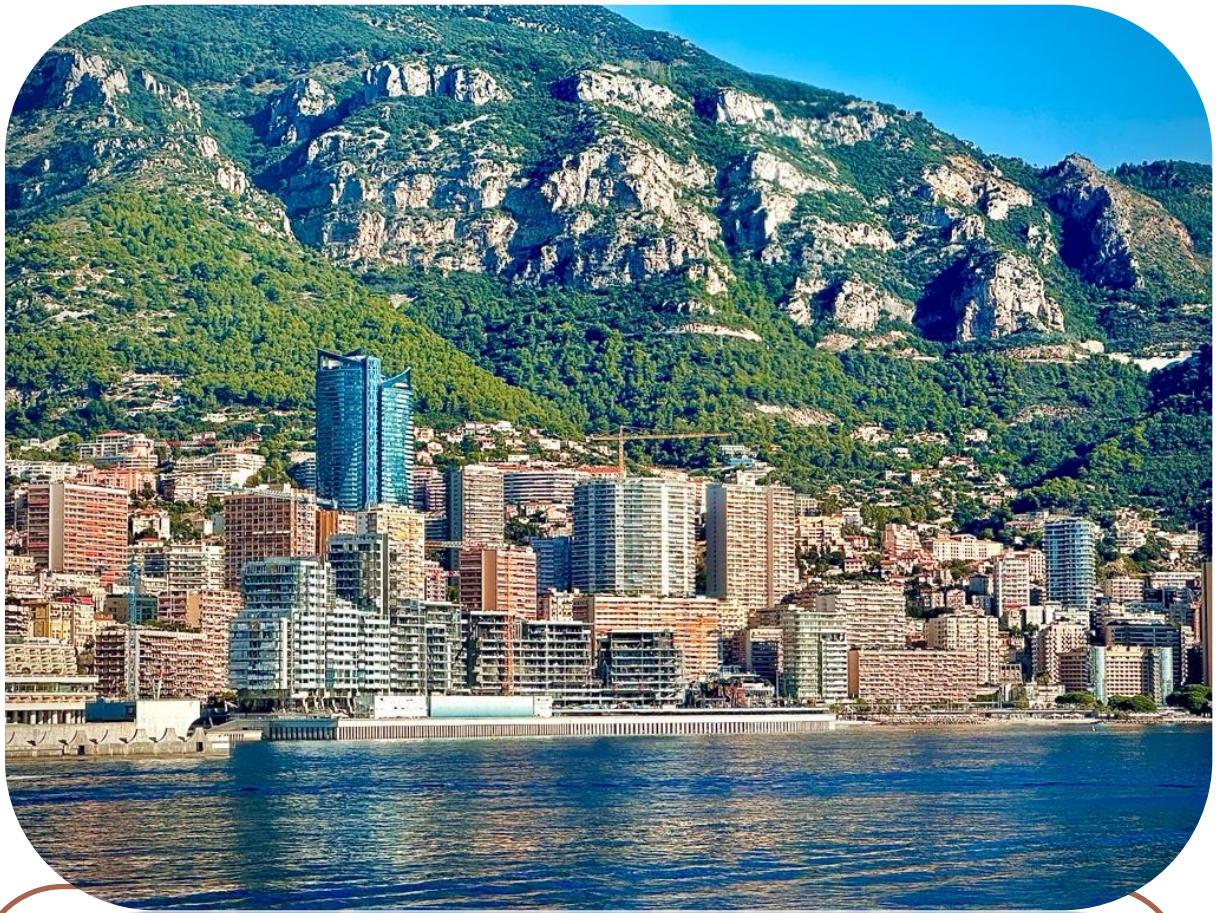
**Dr. Shweta Giri**  
**MBBS DMRE**  
**Radiologist,**  
**Rising Medicare Hospital,**  
**Pune.**

As she can see  
The skies and the clouds  
The one's that float around.  
They see her silence.  
As her weakness  
And at times  
Become cruel.  
They try to bend her.  
And Rule her  
And then comes a time.  
She decides to stand for her-  
self.  
And speaks for her right.  
She colours a cigarette.  
In color pink  
And she smokes out the  
Pink colour  
And Pink emotion  
She dares and flaps her wings.

Opens the door and  
Breaks free.  
For even she is tender  
And fragile  
She holds the courage.  
And the resilience  
She can lead her life.  
  
And can take decisions.  
She is beautiful.  
But along with brain  
She cannot let her beauty.  
Turn into her pain.  
She smokes out.  
Pink colour  
And Pink emotion  
For she is much more  
Than just.. just.. that



Photography: Dr. Patrick Basu



**Next issue in November 2023**

I am bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in November 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 October, 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](mailto:reflections2020@hotmail.com)

So long.

Viral Parekh