

REFLECTIONS



Painting by Dr. Ritu Gupta

Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 4

Issue: 11

November 2023

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Volume 4 Issue 11

01.11.2023

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

Golden Temple, Amritsar.



Photography: Dr. Viral Parekh

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Special points of interest:

- Paintings by Dr. Rati Vajpeyi, Dr. Ritu Gupta, Dr. Simi Gulati, Dr. Juni Menon Dr. Kanchan Pathak.
- Photography by Dr. Reeta Bora, Dr. Sushanta Bhadra, Dr. Arunava Borah & Dr. Viral Parekh.
- Poems by Dr. Rohini Patil
- Inspiring Tale: Dr. Juni Menon.

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Radiologist's Musings - Dr. Viral Parekh

Hi!, Namaste, It gives me immense pleasures in presenting the 44th. issue of Reflections.

Last month, I visited Himachal Pradesh and Punjab with a friend of mine who is a retired high ranking army officer. We visited various places and with him I visited a cantonment also. I have been to various places in India with this friend of mine and from various discussions we have during such trips, I feel privileged to gain various insights about the lives of army officers.

From discussions we have and experience gained from visits to many cantonments all over India, I personally feel that every Indian should be given compulsory military training.

Many countries around the world have some form of compulsory military service for their citizens, usually for young men and sometimes for young women as well. The duration and scope of this service vary widely, from a few months of basic training to several years of active duty. Some proponents of compulsory military service argue that it has many benefits for the individual and the society, such as instilling discipline, patriotism, teamwork, and civic responsibility. Others, however, oppose this practice on ethical, practical, or educational grounds, claiming that it violates human rights, wastes resources, disrupts careers, and hinders academic development.

One of the main reasons in favour of compulsory armed forces training for students is that it can help them develop valuable skills and qualities that can benefit them in their personal and professional lives. For example, military training can teach them physical fitness, self-defence, survival, leadership, teamwork, problem-solving, and resilience. These skills can enhance their confidence, self-reliance, and employability in a competitive and uncertain world.

Another reason is that compulsory armed forces training can foster a sense of national identity, loyalty, and duty among the youth. By exposing them to the history, culture, and values of their country, military training can instil in them a sense of pride and belonging, as well as a willingness to defend and serve their nation in times of need. This can also promote social cohesion and integration among people from different backgrounds, regions, and classes, as they learn to work together and respect each other.

Yet another reason is that compulsory armed forces training can contribute to the security and stability of the country and the region. By having a large and well-trained reserve force, the country can deter potential aggressors, respond to emergencies, and participate in peacekeeping or humanitarian missions. Moreover, by involving the youth in the defence sector, military training can reduce the risk of radicalization, crime, or violence among them, as they have a constructive outlet for their energy and aspirations.

On the other hand, there are also several arguments against compulsory armed forces training for students. One of them is that it can violate their freedoms. Another argument is that compulsory armed forces training can be a waste of time and resources for both the individual and the society. A third argument is that compulsory armed forces training can be outdated and irrelevant for the modern world.

The benefits of compulsory military service outweigh the disadvantages. If logistics permit, a stint in armed forces will surely help the country and society. Wish you all a very happy Deepawali, Kali Puja and Gujarati New Year. I hope the ongoing ICC cricket world cup brings out few exciting matches and may the best team win.

This issue would not have been possible without the help of Dr. Rati Vajpeyi, Dr. Simi Gulati, Dr. Juni Menon, Dr. Reeta Bora, Dr. Ritu Gupta, Dr. Kanchan Pathak, Dr. Sushanta Bhadra, Dr. Arunava Borah, & Dr. Rohini Patil. I am obliged and sincerely thank all of them.

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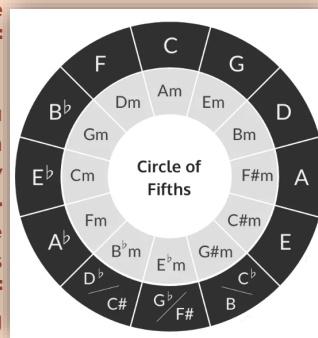
Music - Circle of fifths



The circle of fifths is a useful tool for understanding the relationships between musical keys, chords and scales. It is a diagram that shows the 12 notes of the chromatic scale arranged in a circle, with each note being a fifth interval away from the next one. The circle of fifths can help you find the key signature of a piece of music, transpose a song to a different key, or compose your own melodies and harmonies. [

The key signature of a piece of music tells you how many sharps or flats are in the key. To find the key signature using the circle of fifths, you can start from the top of the circle, where C major (or A minor) is located, and move clockwise for sharps or counterclockwise for flats. For example, if you move one step clockwise from C, you get G major (or E minor), which has one sharp (F#). If you move two steps clockwise from C, you get D major (or B minor), which has two sharps (F# and C#). And so on. The number of steps you move corresponds to the number of sharps or flats in the key.

To transpose a song to a different key, you can use the circle of fifths to find the new key or scale. Transposing means changing the pitch of a song without changing its structure or quality. For example, if you want to transpose a song from C major to G major, you can move one step clockwise on the circle of fifths and adjust each note accordingly. For instance, if the original song has a C major chord, the transposed song will have a G major chord. If the original song has an F major chord, the transposed song will have a C major chord. And so on.



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To compose your own melodies and harmonies, you can use the circle of fifths to find chords and scales that sound good together. The circle of fifths shows the degrees of harmony or tension between different keys. Keys that are close to each other on the circle are more harmonious, while keys that are far apart are more dissonant. For example, C major and G major are very harmonious, because they are adjacent on the circle and share most of their notes. C major and F# major are very dissonant, because they are opposite on the circle and have no common notes. You can use this information to create interesting musical contrasts and modulations.

The circle of fifths is not only a theoretical concept, but also a practical tool that can enhance your musical skills and creativity. By learning how to use it, you can expand your musical vocabulary, improve your ear training, and discover new musical possibilities.

Paintings by Dr. Juni Menon

Art - Paintings & Sketches



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

A multitalented 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 art as well as craft.

Connect with her on:

Facebook: <https://www.facebook.com/doctorartist>

Instagram: @simigulatimakkar



Art - Paintings & Sketches



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



Art - Paintings & Sketches



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Art - Paintings & Sketches



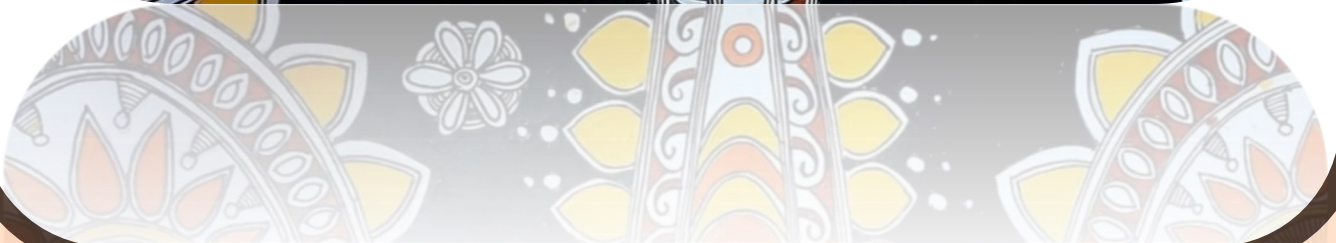
Dr Simi Gulati
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Charak Palika Hospital (NDMC),
New Delhi



Art - Paintings & Sketches



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Art - Paintings & Sketches



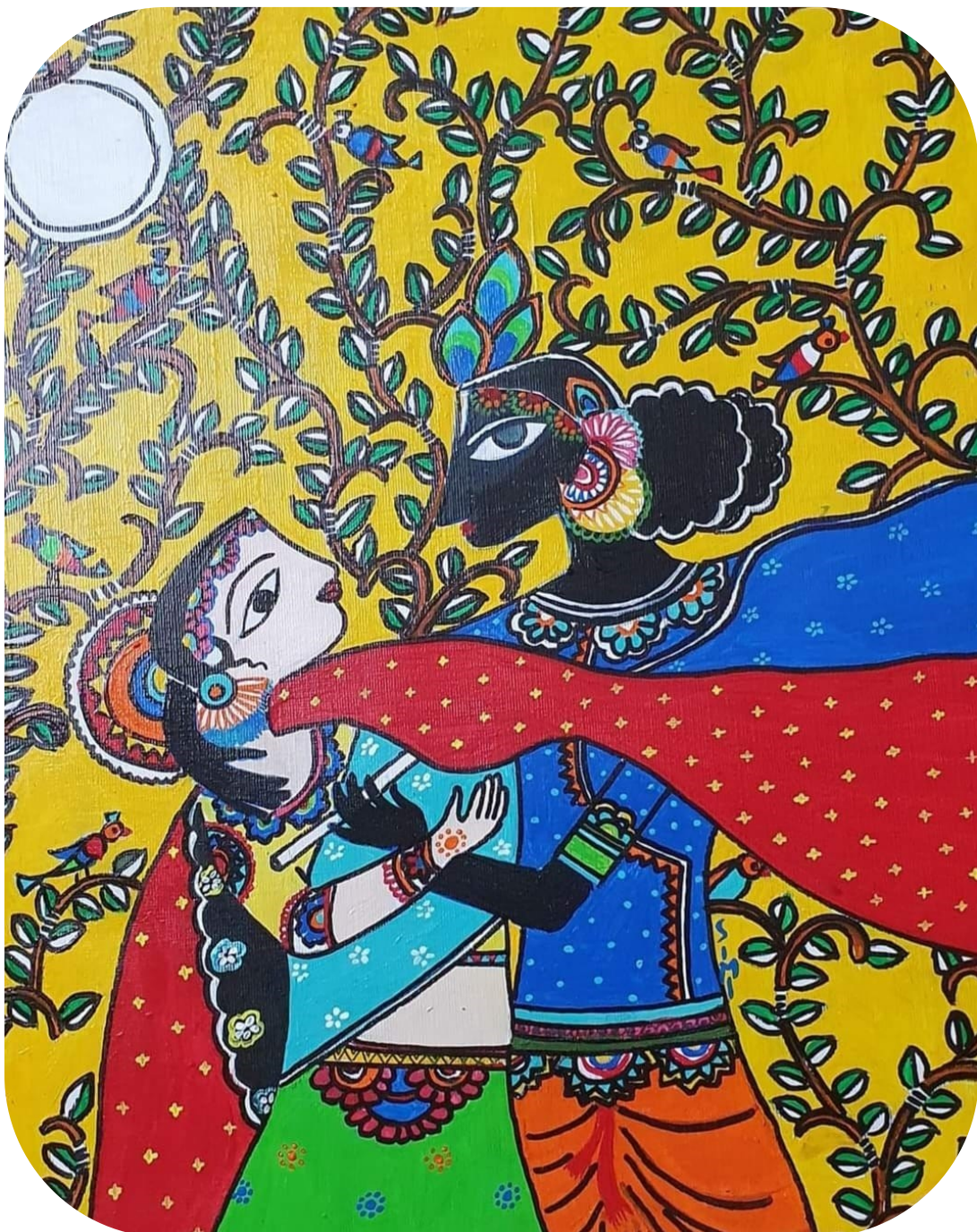
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Art - Paintings & Sketches



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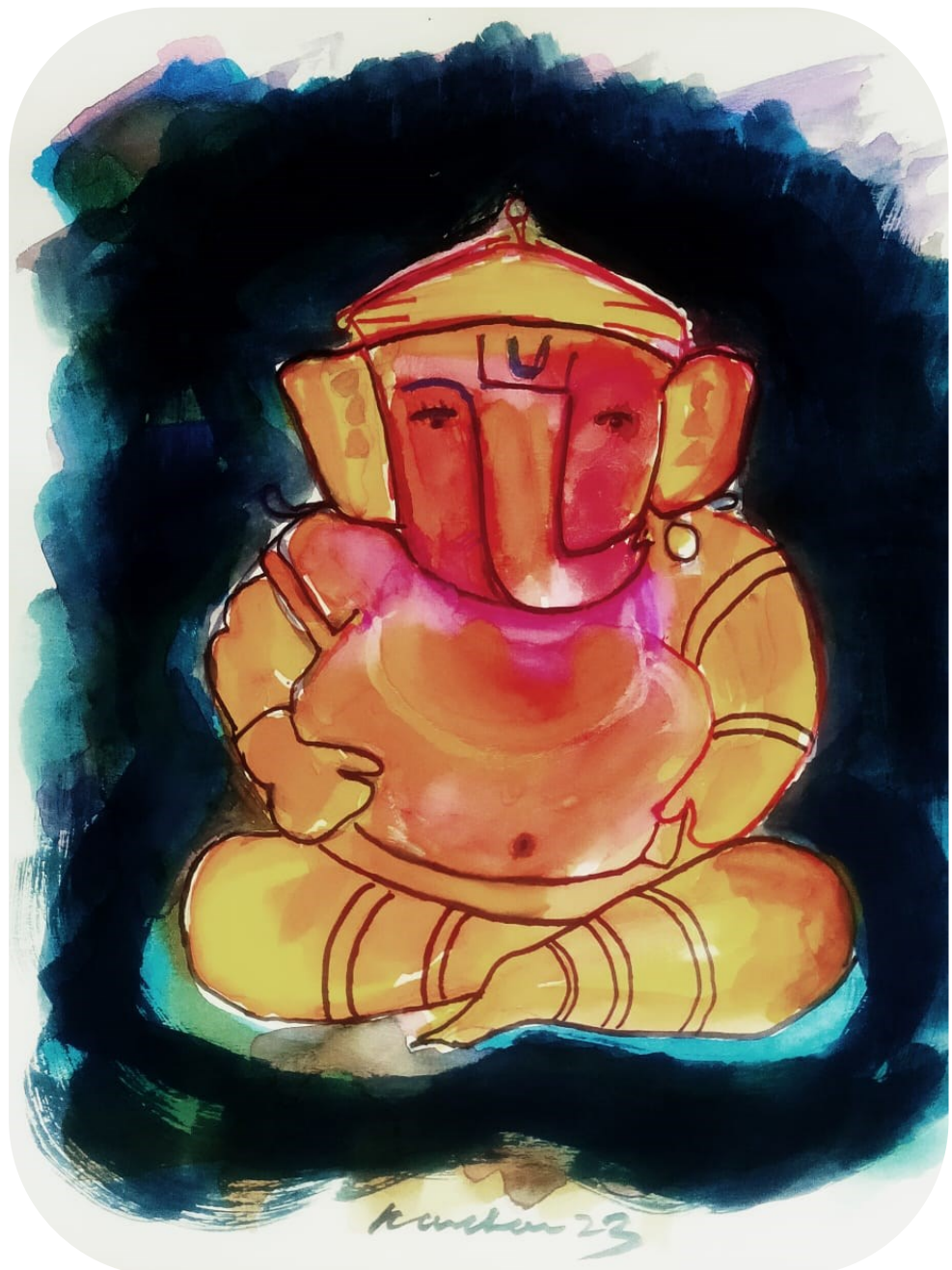


Art - Paintings & Sketches



Dr. Kanchan Pathak
MBBS, DGO, MS
Consultant ENT
Surgeon,
Nayagram Multi-
specialty Hospital
Govt. of West Bengal,

Dr. Kanchan Pathak is an Otorhinolaryngologist by profession and ex-student of R. G. Kar Medical College, Kolkata. He is also one of my classmates and one of my oldest friends from the class. He is a self taught painter and painting is his passion . Here are some of his paintings. I am sure will like it.



Art - Paintings & Sketches



Dr. Kanchan Pathak
MBBS, DGO, MS
Consultant ENT
Surgeon,
Nayagram Multispecialty Hospital
Govt. of West Bengal,
West Bengal, India.



Art - Paintings & Sketches



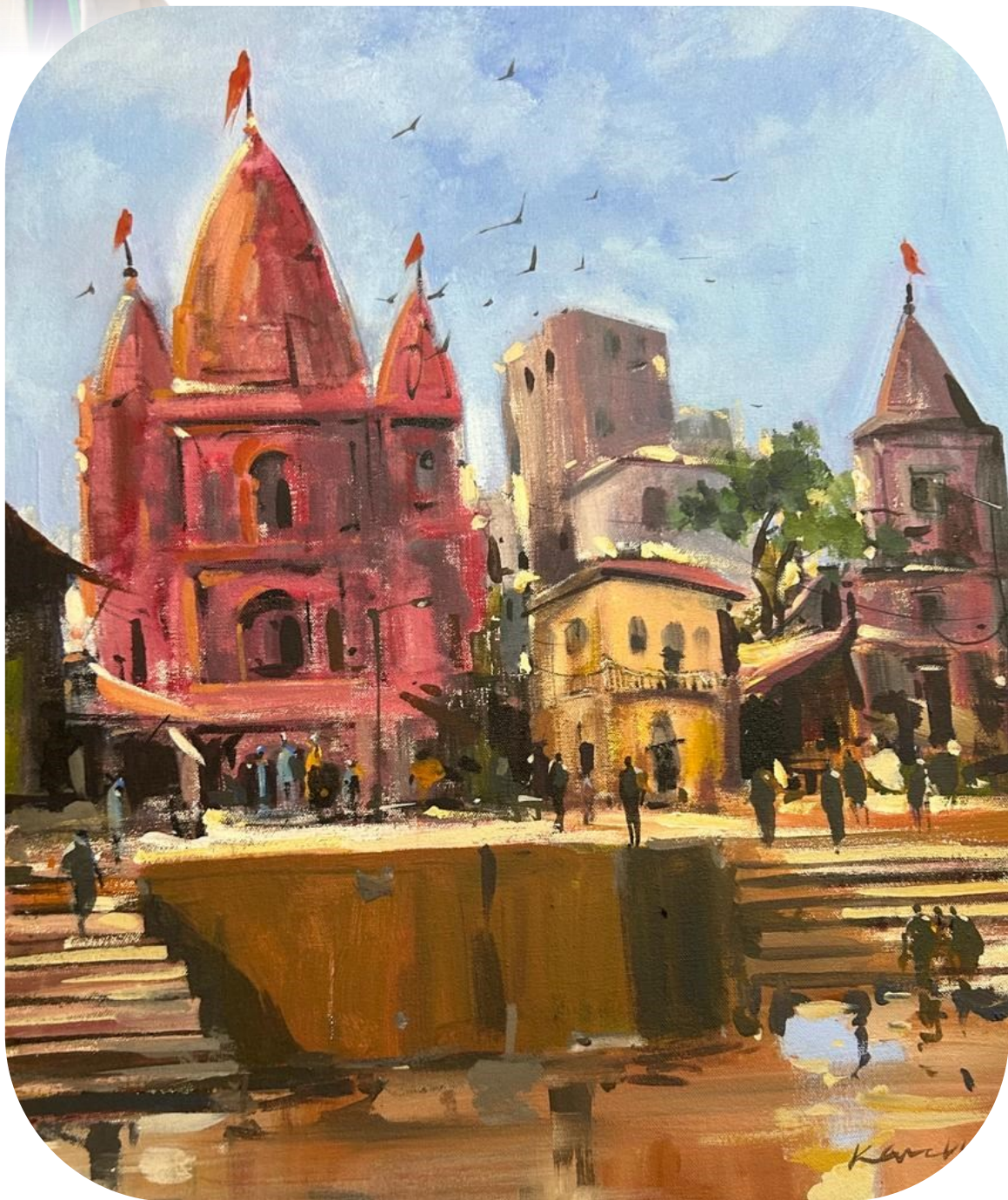
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West Bengal, India.



Art - Paintings & Sketches



Dr. Kanchan Pathak
MBBS, DGO, MS
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Govt. of West Bengal,
West Bengal, India.



Art - Paintings & Sketches



Dr Rati Chand Vajpeyi
MD (PGI) Rad.Onc,
FISCC (OX) ,
CANcoach, 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 PRERAK, 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. Here are some of her paintings which she finished within 10-15 minutes, while on a trip. 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 water-colour 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.



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

Burlington Harbour Ontario. Plein air pen and ink and watercolour on sketch paper.
Grateful to Allan Kirk for showing me the way.



Art - Paintings & Sketches



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

At the beach. Watercolour travel kit.

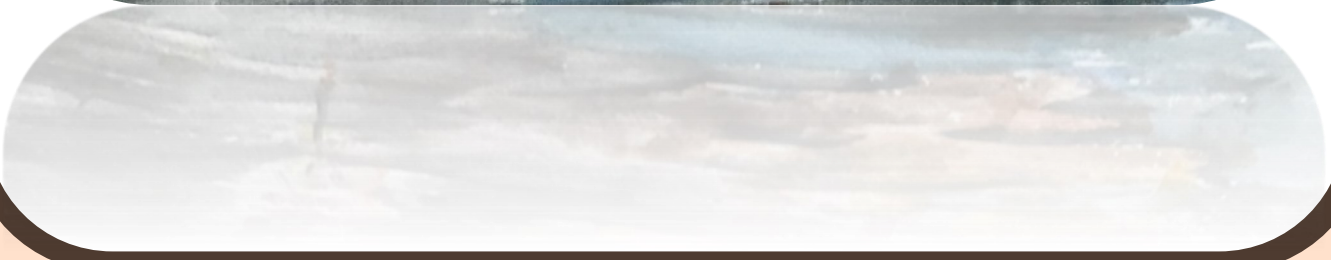


Art - Paintings & Sketches



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

Sun setting on Montego Bay. Plein air from my window. Cannot ever get the
perfection on Nature .



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



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.

Chaos of Galactic-core

Canon 1200D
Samyang 135mm
f/2 lens
f/2.8, ISO1600,
90sec
ioptron skyguider
pro (unguided,undithered)
Total integrations
-48mins
Optolong CLS CCD
clip in filter
Stacked in DSS ,
Edited in Pix-
insight & Adobe
PS
Dhubri
Sept , 2023



Astrophotography



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

Lagoon Nebula

Canon 1200D (astro-
modified)
Canon 400mm f5.6 L
lens
ioptron Skyguider pro
(unguided / undith-
ered/ no calibration
frames used
f/5.6, iso 1600, 105sec
Optolong L - enhance
clip in filter- 6 hours
Astronomik 12nm
Ha filter - 69 mins
Total integration - 7
hours 9mins
Softwares- DSS , Pix-
insight, Adobe PS
Dhubri
August 2023



Arunava Borah

Arunava Borah

Astrophotography



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

Harvest Moon

Canon 7D
Canon 400mm f5.6 L
prime lens
f/5.6 iso1000 , 1/160
sec hand held
Assam
29th Sept 2023



HARVEST MOON

Aruna Borah

Aruna Borah

HARVEST MOON

Astrophotography



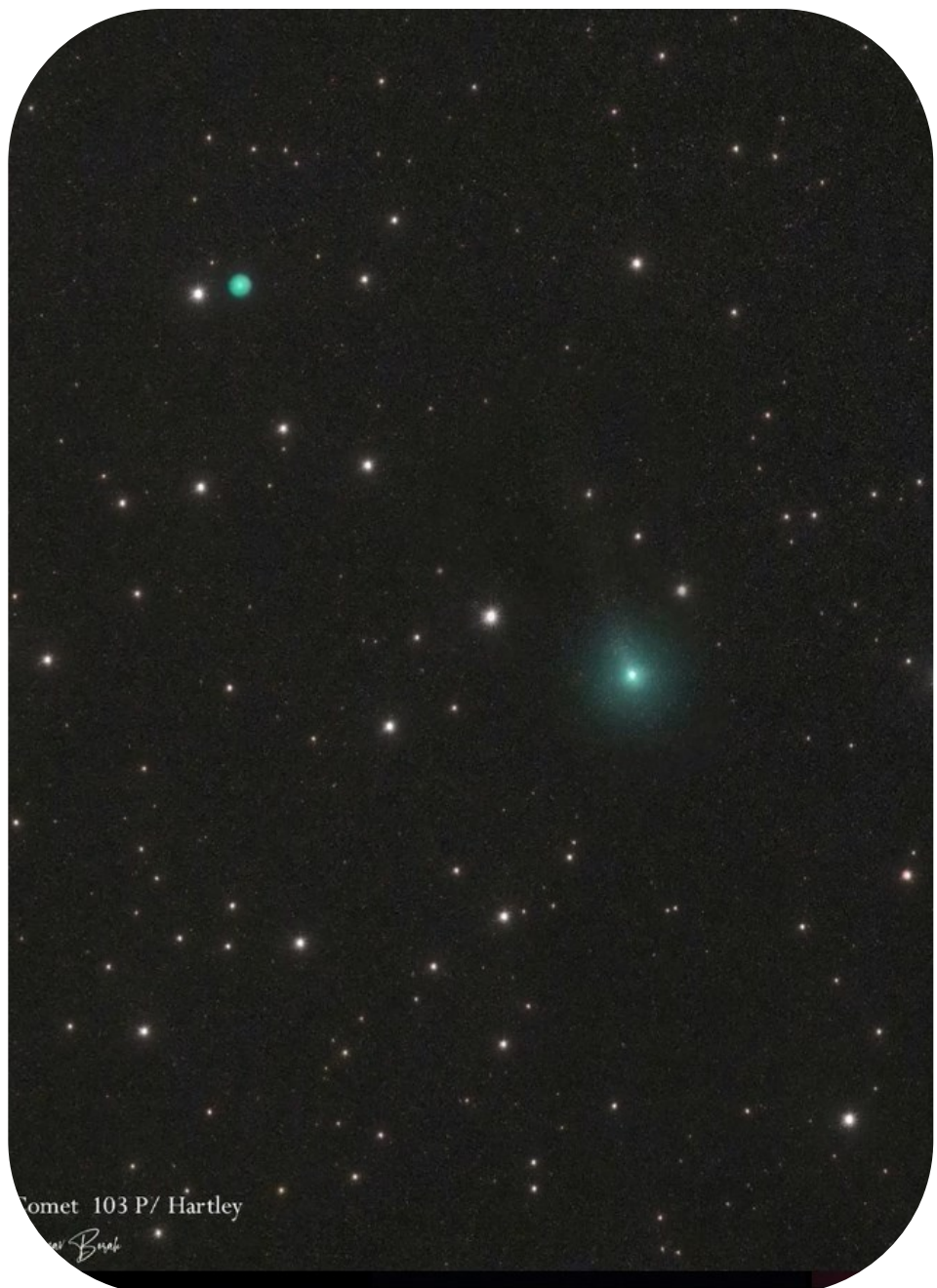
Dr. Arunava Borah,
MBBS,MD
Assistant Professor
Department of Forensic Medicine,
Dhubri Medical College & Hospital,
Assam.

Hartley near Eskimo Planetary Nebula.

Comet 103P/Hartley is a small periodic comet with an orbital period of 6.48 years. It was discovered by Malcolm Hartley in 1986 at the Schmidt Telescope Unit, Siding Spring Observatory, Australia.

In this image comet is seen along with a green blotted star like structure, called the Eskimo Nebula which is actually a planetary nebula.

Canon 1200D (astro-modified)
Canon 400mm f5.6 L lens
ioptron Skyguider pro (unguided / undith-ered)
f/5.6, iso 1600, 73 sec
Optolong CLS CCD filter
Total integration - 40mins
Softwares- DSS with comet mode , Pix-insight, Adobe PS
Bortle 3
13th October 2023



Comet 103 P/ Hartley

Dr. Arunava Borah

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.



Photography



Dr. Reeta Bora
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Photography



Dr. Reeta Bora
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Photography



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



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
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Photography



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



Mr. Sushanta Bhadra,
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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 two of her poems.

Israeli Wonder Woman

Cute enough to attract
 Savage enough to attack
 Kind to give birth
 Strong to shower death

Sexy as a model
 Tough enough to throttle
 Quick as an eagle
 Clear as a Spiegel

White as a dove
 Hard enough to shove
 Still as a crocodile
 Swift as a missile

Flaunting medals and ribbons
 Hard as diamond or iron
 Armament is her ornament
 Parade and drill are amusement

Inspiration in uniform
 Pride to so many
 Hail soldier Israeli
 You are a wonder woman to me....

IDLI VADAI VENDOR

This one is a regular
 At our Station road corner
 6.30 am is his arrival
 And 2pm is departure

On a humble bicycle
 Balancing his store
 All spik n span
 To attend his clients galore

The stainless steel bins
 Full with idli vadai tiffin
 Are a pleasant sight
 With aroma delight

Eco-friendly dishes
 Onto which hunger relishes
 To finally attain satiety
 Promised by Sambar chutney

A Jasmin garland adorned
 Wifey's a helping hand
 Beaming at her darling husband
 Smile on face n magic in hand

For years the duo toil
 True to their sweat and soil
 Return to their household
 Wearing a satisfying smile

Literature: Inspiring tales



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

As medical practitioners, we interact with so many personalities on a day to day basis..but some characters tend to linger in our minds for long...Such a patient was Janaki ,a 61 year old widow and grandmother to a 17 year old girl.It turned out that she was one eyed(lost due to a childhood trauma)with a visual acuity of CF 2m due to dense cataract in the other eye with a poorly dilating pupil. Well,a high risk case! A younger more adventurous me would have enthusiastically planned such a surgery without a second thought ,but a more seasoned, wiser me stopped to think ...! Sahi hua toh badhai...nahi toh dhulai

I dived into explaining the pros and cons of the surgery and asked her to discuss with her family and let me know. She listened to me calmly and said "I have no one to ask...My ailing husband passed away when I was young. My son was the only earning member but Covid snatched him from me.

All I have is my granddaughter and I have to take care of her.(Her mother eloped with another guy)

But I am not here to tell you my sob story. I just want to find a solution for this. Jo hoga dekha jayega! " Am sure many of my Ophthalmic friends have seen similar cases in their routine practice !

So we posted her for surgery after intimating my vitreoretinal friend (tumhi ho bandhu

Sakha tumhi)..just in case!

Well, thankfully, the stars were shining in our favour and the surgery was uneventful !.To our sheer delight, she had a vision of 6/9 postop. And when I asked her to count circles on the vision board, she quietly said that she could read. Later I came to know that she had completed her 12 th grade but couldn't study further due to financial constraints. And was later married off to a labourer who was illiterate ! Now she is working as a sweeper in a small playschool to earn her daily wages. But not

once did I hear her being bitter or lamenting on her fate...Maybe circumstances had made her tough...or maybe she had accepted the reality of life !

.Before leaving my OPD ,I asked her what is she planning to do now. She gave me the most beautiful smile and said very matter of factly "I want to play and read to the little kids in my nursery ..and now I can see colours so vividly! I can go to the temple on my own now..I can cook for my child .What more should I

ask for! We don't realize the value of what we have in life ..however small it may seem....until we lose them. So hold your blessings close to your heart. You never know when they are gone! "

PS: Picture was clicked by her granddaughter postopWill always remember her reaction.

Maybe one day ,I ll make her portrait ..with her beaming smile !



Golden Temple, Amritsar : Photography: Dr. Viral Parekh



Next issue in December 2023

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