

REFLECTIONS



Baijnath temple, Kangra district, Himachal Pradesh: Photography: Dr. Viral Parekh

Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 4

Issue: 12

December 2023

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Volume 4 Issue 12

01.12.2023

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

Dhauladhar range, Himachal Pradesh



Photography: Dr. Viral Parekh

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Special points of interest:

- Paintings by Dr. Rati Vajpeyi, Dr. Jayati Sengupta, Dr. Simi Gulati, Dr. Juni Menon & Dr. Kanchan Pathak.
- Photography by Dr. Satyam Maity, Dr. Sushanta Bhadra, Dr. Arunava Borah & Dr. Viral Parekh.
- Inspiring Tale: Dr. Juni Menon.

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Reflections

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Radiologist's Musings - Dr. Viral Parekh

Hi!, Sat Sri Akal. It gives me immense pleasures in presenting the 45th. issue of Reflections.

Last 2 weeks of November were quite happening. On 19th. Of November, there was ICC world cup final between India and Australia. I was quite excited about the final and had made lot of preparations for the D-day. But, unfortunately India had a day off after 10 consecutive wins in the cup and lost the final badly. Man of the match was an Australian player, Travis Head who fielded, and batted splendidly. Thus, Head broke many hearts all over the country. Anyway, losing and winning are part of any sports. But many Indian fans were dejected because of very high expectations. This reminded me of a Gujarati two liner which means: "No one loves you less, it is you who expects more".

While the euphoria about the world cup was going on, something ominous happened on the morning of 12th. November which was the Diwali day. A part of tunnel in Silkyara, Uttar Kashi in the state of Uttarakhand had collapsed and 41 workers were trapped inside. Since, the euphoria about the cricket world cup was going on, few people had noticed about the mishap in Uttar Kashi. Once the World cup got over, the mishap caught the public attention.

I too started following what is happening to the workers trapped inside the tunnel and what measures different authorities are taking to save them. It was very depressing to see workers suffering like this. But, the silver lining was that different agencies were working cohesively under the observation of PM office and no stone was left unturned to save the workers. But success was achieved on 17th day of operations. As soon as the news broke out that all the workers have been taken out from the tunnel and all are safe, I immediately overcame the depression of losing the ICC world cup final. We Indians had won a much bigger game. We had saved 41 lives, that too of underprivileged workers who risk their lives to earn the livelihood. Every life matters and it was very heartening to see that all agencies giving their best to save them.

At the same time, it made me think about how some privileged people complain about small things in life. We receive lot of patients who can not undergo MRI as they find the gantry of MRI machine very claustrophobic, even though the gantry is open from both sides. Here are 41 poor workers whose relative never complained and never took out any procession nor they demonstrated in front of PM or CM office. They just waited patiently for their near and dear ones to come out. Think about the endurance and grit of the trapped workers who fought physically and mentally inside the tunnel for 17 days. I bow to them. They are an inspiration to the whole country, we must learn from them to carry on under any circumstances and overcome the hurdles without making any fuss. What an inspiring tale to tell to our grandchildren.

It also made me think if we work cohesively as our different agencies did, we can achieve anything. The trapped workers were from different parts of India and rescuers were also from different parts of India as well rest of the world. The trapped workers and rescuers belonged different religions also but everyone worked cohesively and did something splendid - The great INDIAN tunnel rescue as I would like to call it. As the age old proverb says "United we stand, divided we fall". Here, we stood unitedly.

I can not sign off without commenting about Indian Jugaad, which means a flexible approach to problem solving that uses limited resources in an innovative way. Last 12 meters of tunnel were burrowed by Rat hole miners, where all the machines from all over the world had failed. My salutes to them also.

This issue would not have been possible without the help of Dr. Rati Vajpeyi, Dr. Simi Gulati, Dr. Juni Menon, Dr. Satyam Maity, Dr. Kanchan Pathak, Dr. Sushanta Bhadra, Dr. Arunava Borah, & Dr. Jayati Sengupta. I am obliged and sincerely thank all of them.

Wish you all a very happy Christmas and New Year.

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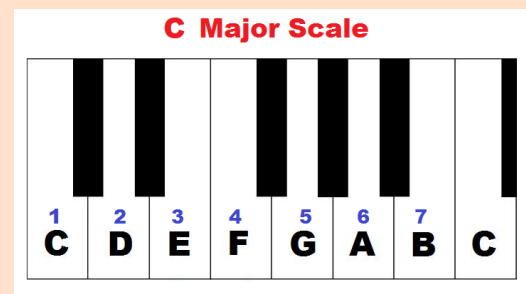
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Music : C Major scale



The C major scale is a diatonic scale that consists of seven notes. It is often considered the simplest scale because it contains no sharps or flats. The notes in the C major scale are:

1. C
2. D
3. E
4. F
5. G
6. A
7. B



8. (C, an octave higher)

The pattern of whole (W) and half (H) steps in a major scale is: W-W-H-W-W-W-H, where "W" represents a whole step and "H" represents a half step.

In the case of the C major scale, the pattern is:

1. C to D (whole step)
2. D to E (whole step)
3. E to F (half step)
4. F to G (whole step)
5. G to A (whole step)
6. A to B (whole step)
7. B to C (half step)

You can play the C major scale on a piano or any other musical instrument, starting from C and ascending through the sequence of notes. It's a fundamental scale in music theory and is often used as a starting point for learning about scales and key signatures.

Paintings by Dr. Juni Menon

Art - Paintings & Sketches



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

A multitasking 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), Delhi



Art - Paintings & Sketches



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



Art - Paintings & Sketches



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.

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

Way to village market

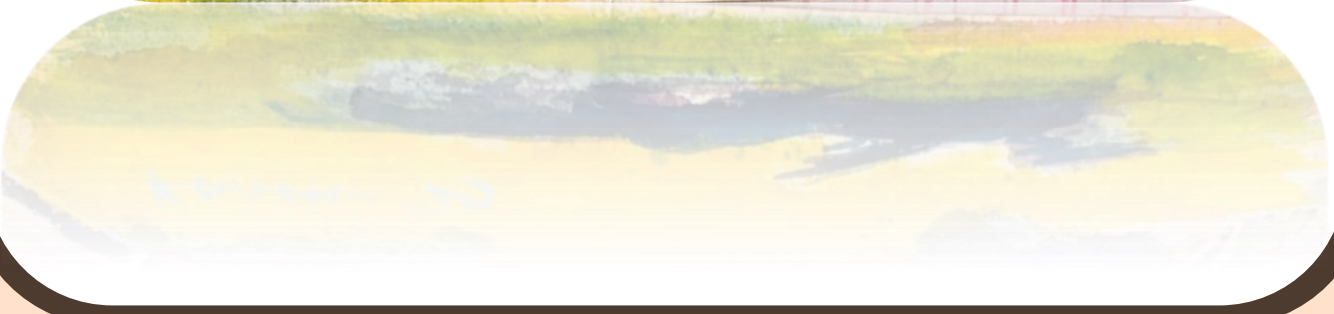


Art - Paintings & Sketches



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

Late autumn morning



Art - Paintings & Sketches



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

Equine art: Acrylic painting



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



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.



CITY ON THE OTHER SIDE

Reference is the dawn over Lake Ontario on Halloween

Art - Paintings & Sketches



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

Searching, searching for what ??? My voice ?



Art - Paintings & Sketches



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

Apple season - Fall and apples and pies. Yummy!



Art: Paintings & Sketches



Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician

Dr. Jayati Sengupta , MBBS,MD (PAED), is an alumni of Medical College, Kolkata. She is a Pediatrician with special interest in Pediatric nephrology. She is associated with AMRI hospitals and Institute of child health Kolkata as a consultant.

Though art was always a passion, she could not follow it up due to various reasons. She has started painting seriously for the past 2 years and have participated in several exhibitions. She uses the small income generated from the sale of her paintings to donate to charities close to her heart. Here are some of her paintings. I am sure you will love her art.

Gods, goddesses and mythological characters occupy such an important space in our society and daily living. Whether one is spiritual or religious or an agnostic, the presence of these characters cannot be denied in our everyday lives. Artists over the ages have portrayed gods and goddesses in myriad ways ,drawing inspiration from imagination, preconceived notions, mythological texts and so on. Here are a few depictions of Lord Ganesha, Maa Durga, Maa Kali, The Buddha, Sri Chaitanya, Lord Shiva, Maa Saraswati and Lord Krishna.



Art: Paintings & Sketches



Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician



Art: Paintings & Sketches



Dr. Jayati Sengupta

MBBS, MD.

Consultant Paediatrician



Art: Paintings & Sketches



Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician



Art: Paintings & Sketches



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MBBS, MD.

Consultant Paediatrician



Art: Paintings & Sketches



Dr. Jayati Sengupta

MBBS, MD.

Consultant Paediatrician



Art: Paintings & Sketches



Dr. Jayati Sengupta

MBBS, MD.

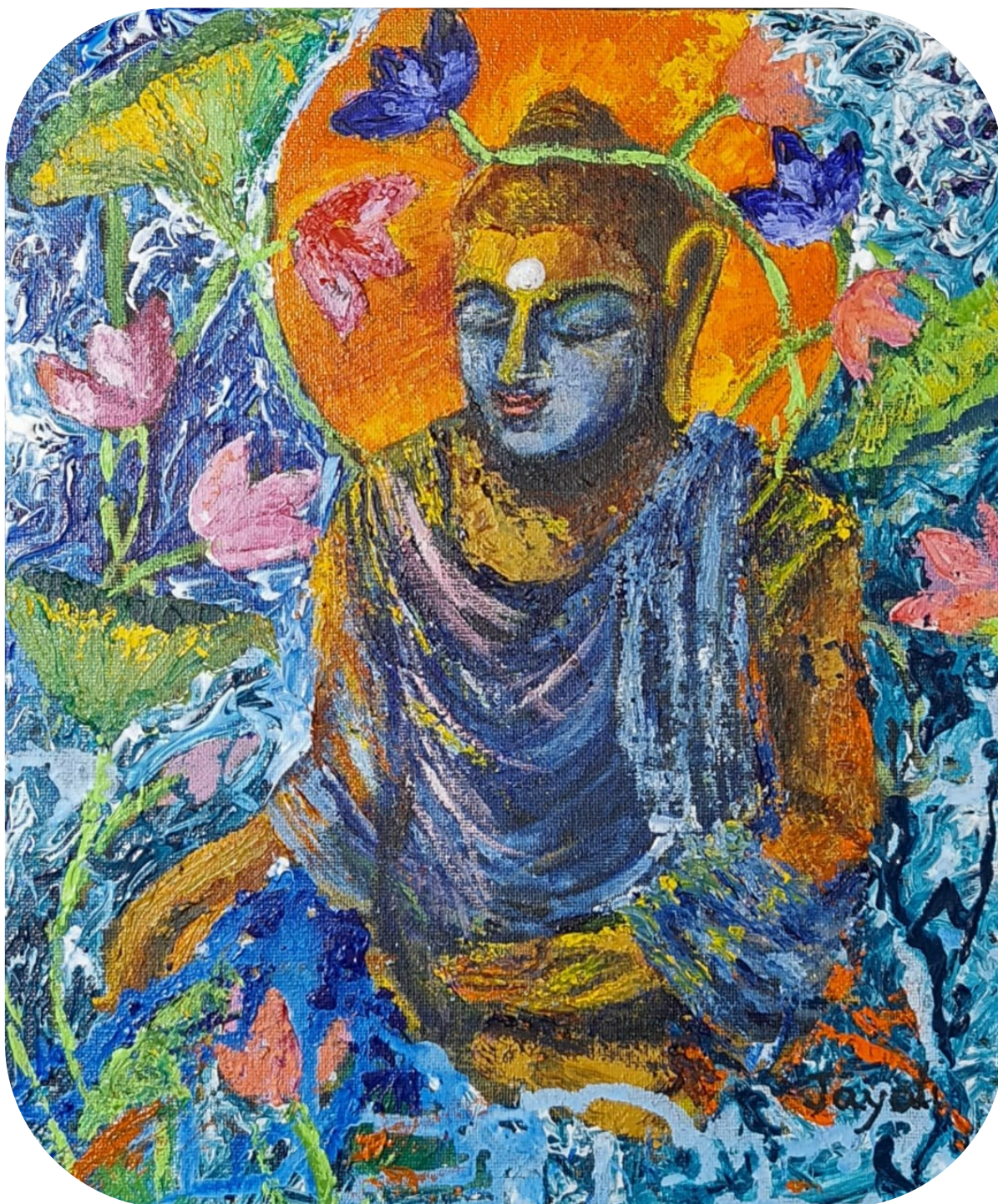
Consultant Paediatrician



Art: Paintings & Sketches



Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician



Art: Paintings & Sketches



Dr. Jayati Sengupta
MBBS, MD.
Consultant Paediatrician



Art: Paintings & Sketches



Dr. Jayati Sengupta

MBBS, MD.

Consultant Paediatrician



Art: Paintings & Sketches



Dr. Jayati Sengupta

MBBS, MD.

Consultant Paediatrician



Astrophotography



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.

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

**North America
Nebula (in
Hubble Palette)**

Canon 1200D
Canon 400mm
F5.6 L USM
ioptron
Skyguider pro
(unguided /
undithered)
Optolong L enhance clip in
filter
f/5.6, iso1600,
109sec
Total integration- 2
hours 20 mins
Softwares- DSS,
Pixinsight, Adobe PS
Dhubri



Astrophotography



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



Comet Lemmon & Barnards E dark nebula.

Comet C/2023 H2 (Lemmon) seen passing through the rich starfield region of Milky-way mixed with dark dust lanes. Barnards E dark nebula can be seen in the frame along with the bluish white bright star Altair.

Canon 1200D

Samyang 135mm f2 lens

f/2.8, iso 800, 107sec

Integration- 1hour 15mins

DSS, Pixinsight, Adobe PS 2023

12th Nov, 2023

Jorhat, India

Astrophotography



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

The bluish green fuzzy ball is the comet in frame. The comet was discovered early this year.

Acquisition details-
Canon 1200D+
Canon 400mm
f/5.6 prime lens
f/5.6, iso 1600,
45sec x 30
DSS, Adobe PS
8th Nov, 2023



Comet C/2023 H2 (Lemmon)
8th Nov' 2023
Dhubri, India

Arunava Borah

Astrophotography



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

Omega nebula in Hubble palette

My first ever Hubble Palette editing using two new set of softwares, Siril and Sirilic. This color palette is famous as it was used by the Hubble Space Telescope (HST) using very narrow wavelengths of light captured by various filters. This is completely different from usual images in bright reddish pink...the colours are diff as the RGB channels are split and are recombined using diff mathematical formulas using pixel math.

Canon 1200D (astro-modified)
Canon 400mm f5.6 L lens
ioptron Sky guider pro (unguided / undithered)
f/5.6, iso 1600, 105sec
Optolong L - enhance clip in filter
Total integration - 4hours 20mins
Softwares- Siril, Sirilic, Pixinsight, Adobe PS
Dhubri
Sept 2023



Arunava Borah
Dhubri

Photography



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

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

BIODIVERSITY OF SUNDERBAN BIOSPHERE

Sundarbans national park is located at the South Eastern tip of the 24 Parganas district in the state of West Bengal. It got its name from one of the mangrove plants known as Sundari (*Heritiera Minor*). The Sundarbans are a part of the world's largest delta formed by the rivers Ganges, Brahmaputra and Meghna. Sundarbans is a vast area covering 4262 with a larger portion in of the Indian Sundarbans serve and National Park the Indian part of the about 4,262 sq km, of cupied by mangrove for- the balance is under wa-

The park is surrounded by square kilometers. This mangrove forests. The it's own natural bounda- on it's West, the river with Netidhopani and Gosba in the North.



square kms in India alone, Bangladesh. 2585 sq. kms forms the largest Tiger Re- in India. The total area of Sundarbans forest is which 2,125 sq km is oc- est across 56 islands and ter.

a buffer zone of 885 also mainly consists of core area of the park has ries with the river Matla Haribhanga on it's East,

The four Sundarbans national parks have been lumped together as they all share common features of the estuarine mangrove ecosystem. The main attractions of the Sundarbans are the Tiger, of which the delta harbor large reptiles like the Monitor Lizard, Estuarine Crocodile and the Olive Ridley Turtle, for which there is a conservation programmes in the Indian park. The Leopard, Indian Rhinoceros, Javan Rhinoceros, Swamp Deer, Hog Deer and Water Buffalo have all become locally extinct from the delta in recent decades.

Photography



Dr. Satyam Kumar Maiti
MBBS, DO, MS
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Aaloey - Phera,
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West Bengal, India.

Royal Bengal tiger



Satyam Kumar Maiti

Photography



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Buffy fish owl



© Satyam Kumar Maiti

Photography



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Jungle fowl



© Satyam Kumar Maiti

© Satyam Kumar Maiti

Photography



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Brahminy Kite



Satyam Kumar Maiti

Photography



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Eurasian Curlew



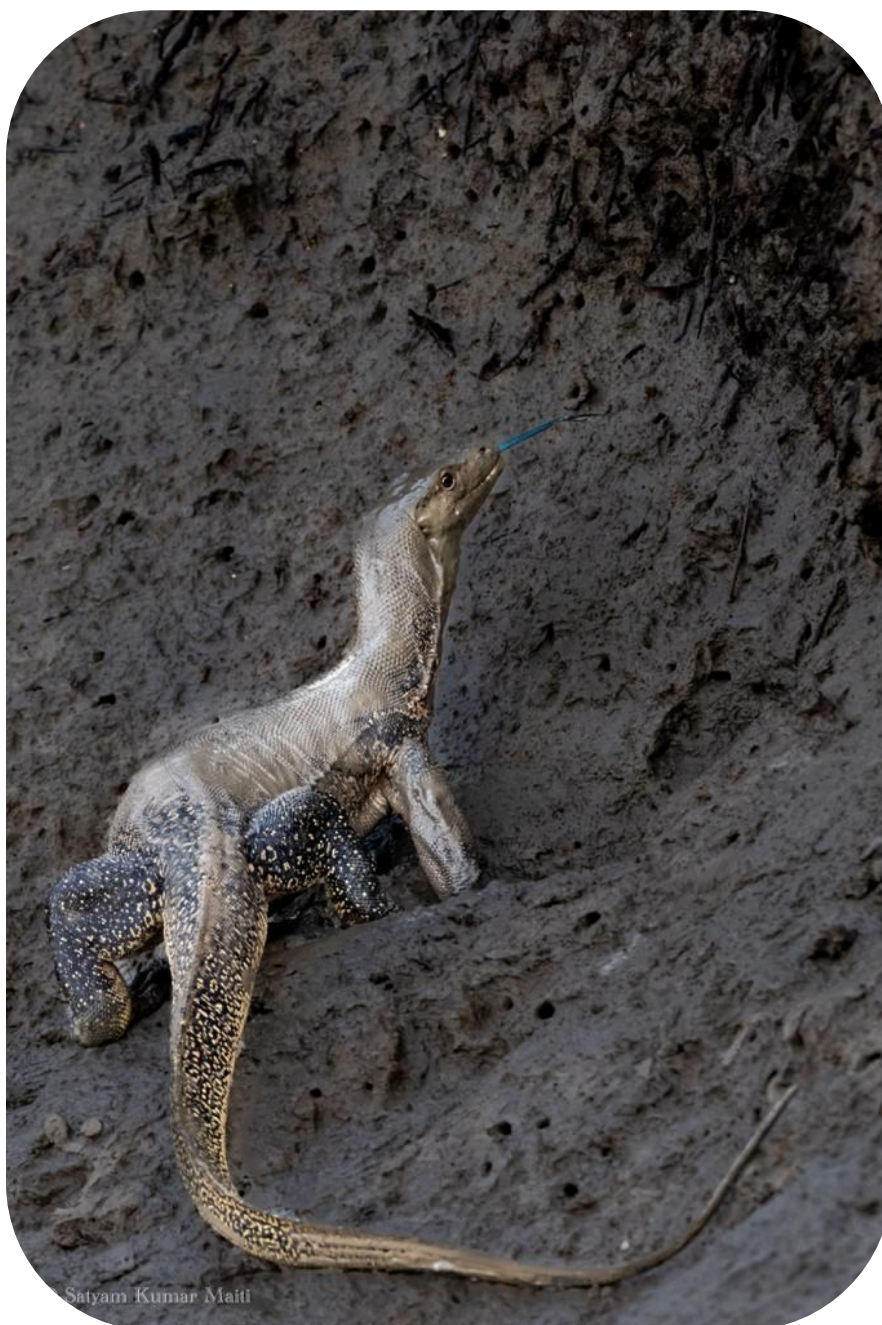
Satyam Kumar Maiti

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Monitor Lizard



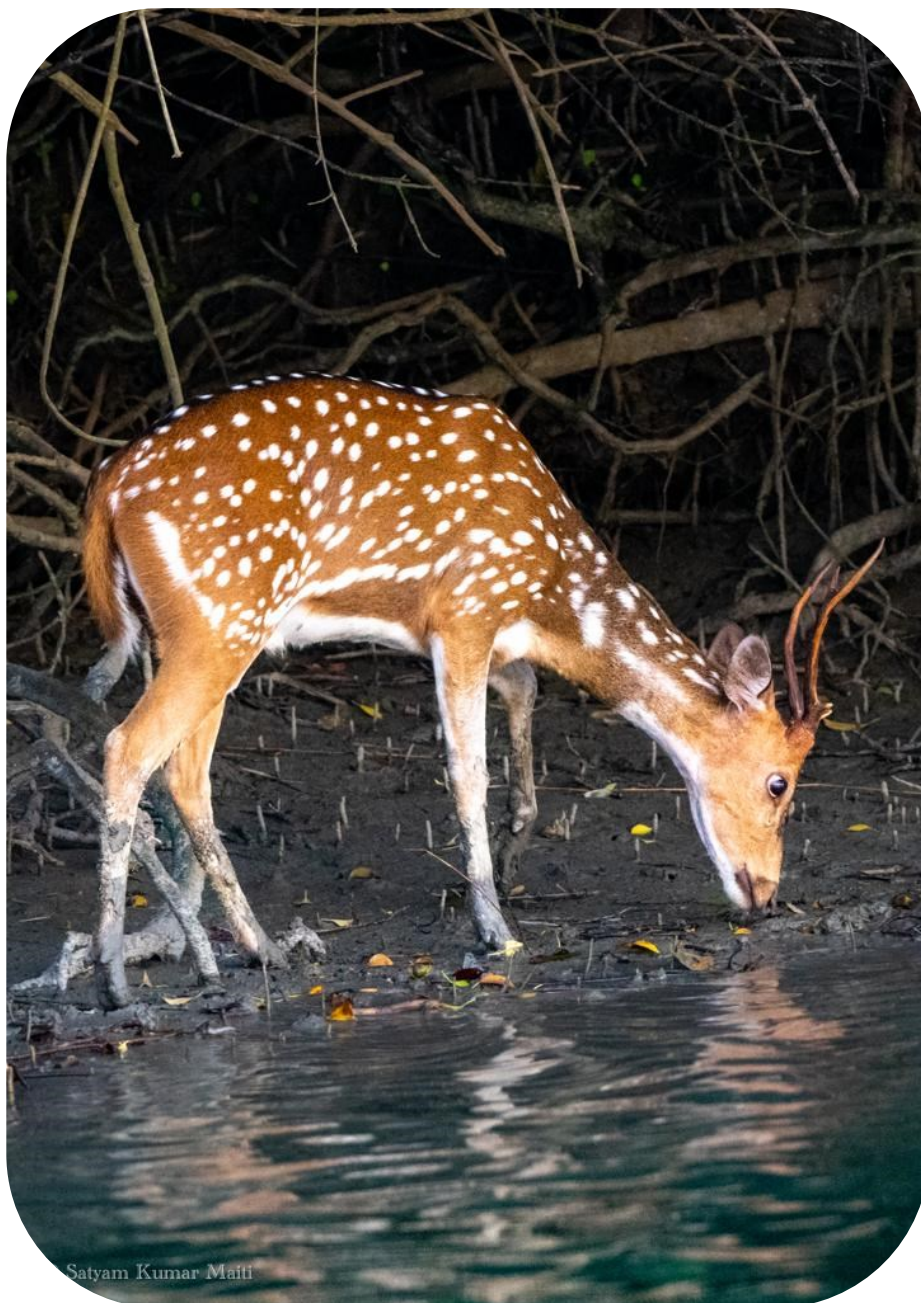
Satyam Kumar Maiti

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Spotted Deer



Satyam Kumar Maiti

Photography



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Mud Skipper



Satyam Kumar Maiti

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Striated Heron



Satyam Kumar Maiti

Satyam Kumar Maiti

Photography



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Salt water crocodile



Satyam Kumar Maiti

Photography



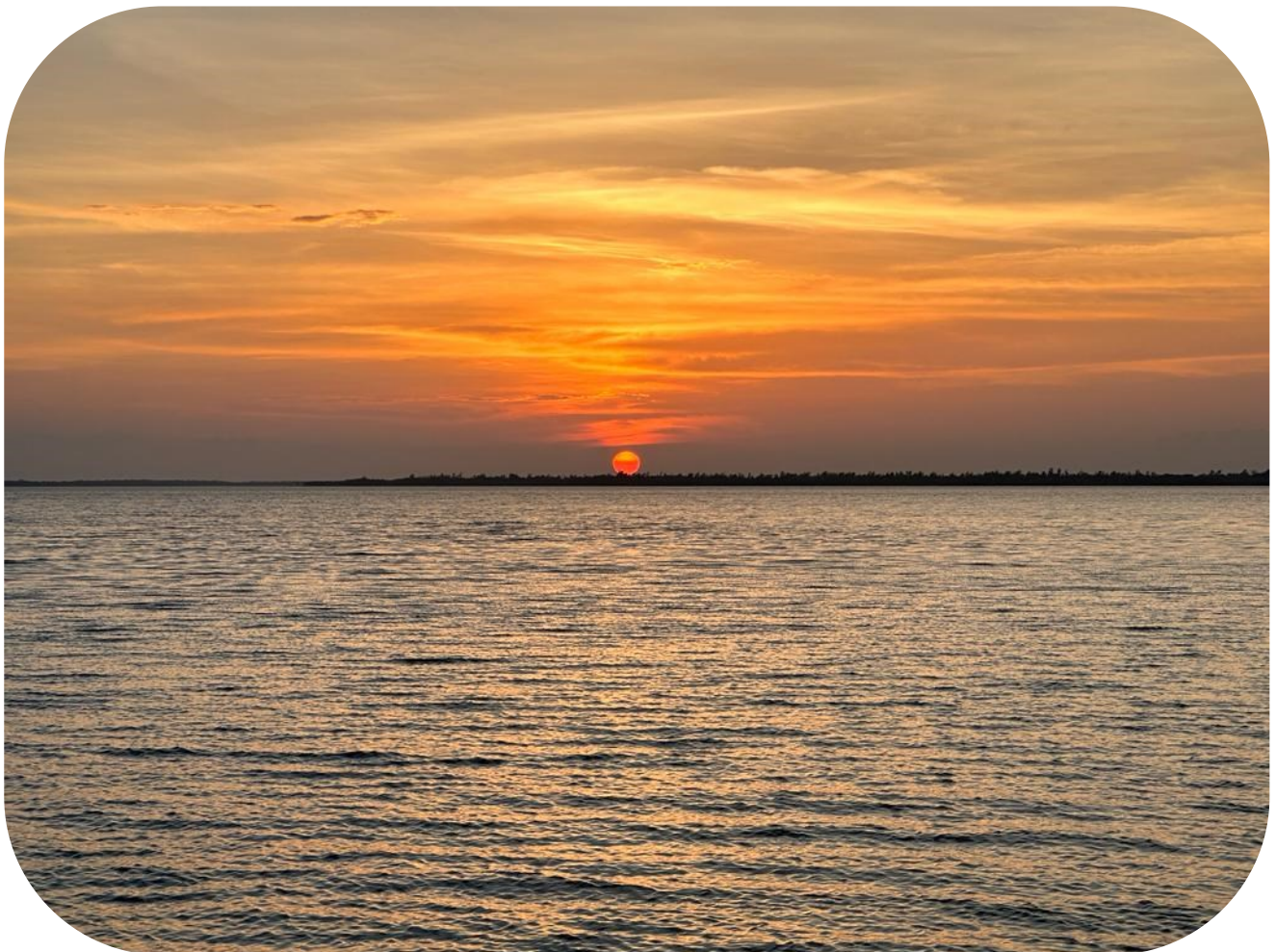
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Photography



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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 based on Halloween theme and I am sure it will scare 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.
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Photography



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Photography



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Literature: Inspiring tales



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

Aaj kal tere mere pyar ke charche har zabaan par..sabko maaloom hai aur sabko khabar ho gayi! Toh kya

Meet my patients, Keshav and Lakshmi (names changed) the new age couple! They insisted that they be operated on the same day. To which I obliged. It was cute to see how they helped each other in applying eye drops pre-operatively and feeding each other bhakri, rotli and sabzi.....My assistant who always has a shrewd eye for things observed ' It's impossible that he is the husband. Pati log Patni ka itna jyada kha-yaal thode hi rakhte hain"(uske baare me baad me charcha karenge)..

Well. Curiosity got the better of me and I engaged in small talk with the two...Lakshmi, a soft spoken lady ..conversed more with head nods and shy smiles while Keshav chattered away cheerfully...Both of them belonged to the same village and studied in the same government school...Well ..no need to say he had a major crush on her in his teens but didn't dare to speak out .Lakshmi was married off at the age of 16 to a person of the nearby village who turned out to be an abusive person, drunkard and good for nothing. He died due to tuberculosis when Lakshmi was 28 leaving her 3 children. The poor lady struggled to make ends meet ,doing meagre chores in houses ..somehow brought up her kids who left home and her, trying to build their future. She was left all along. So decided to return back to her village..



Now What happened to Keshav?? He completed his 10th and got into some company and kept working. He couldn't forget his love and so remained unmarried. And then 35 /40 years later they met and decided to be together for the rest of their lives in spite of the hundreds of protests from their samaajwaale ..."Uska haath mujhe pehle hi thaam lena chahiye tha"(I should have held her hand earlier),he regrets, tears swelling up in his eyes...Now both of

them take care of each other.and they are so happy and content ! Post surgery, they have planned to go on a pilgrimage tour for a couple of days

I smiled and watched them walking down the stairs, holding hands and laughing childishly at their own silly conversations...Lovely .

Pure unconditional love ! It was a refreshing end to a drab week here !

Now what is the takeaway gyan

here??

One....Life begins for people at different ages....Opportunities keep knocking at your door once in a while...It depends on how much aware and courageous we are to notice them..

But if given a second or third chance ,grab it tightly..coz you never know ..

And two.... Don't hesitate to ask your crush asap "Wanna be my chammak challo? "

Love and light!

PS: Photos and story shared with the consent of patients. They were too happy to pose!

Jallianwala Bag, Amritsar : Photography: Dr. Viral Parekh



Next issue in January 2024

I am bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in January 2024.

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 December, 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