

REFLECTIONS



Image created by artificial intelligence

Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 5

Issue: 1

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Volume 5 Issue 1

01.01.2024

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



Photography: Dr. Viral Parekh

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- Paintings by Dr. Juni Menon & Dr. Kanchan Pathak.
- Travelogue by Dr. Tuhin Bhattacharya
- Art through AI: Dr. Punyabarat Das
- Photography by Dr. Sushanta Bhadra, Dr. Arunava Borah, Dr. Sushma Marulkar & Dr. Viral Parekh.
- Poems: Dr. Rohini Patil

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Radiologist's Musings - Dr. Viral Parekh

Hi! Jai Shree Krishna! It gives me immense pleasures in presenting the 46th. issue of Reflections. At the onset let me wish all of you a very happy new year.

Change happens all the time, whether we like it or not. It can be frightening, difficult, exciting, or even enjoyable. But one thing is certain: change is unavoidable, and we must accept it with an open mind.

Why am I saying this? Because change is both unavoidable and unstoppable. We live in a dynamic world that is constantly changing and evolving. Consider how much has changed in technology, culture, society, and the environment in the last decade, or even in the last year. We can't stop change, and we can't predict what will happen next. We have no choice but to adapt and embrace it.

How do we go about it? By remaining adaptable, curious, and optimistic. Being adaptable means being willing to change our plans, habits, and expectations in response to changing circumstances. Curiosity implies an eagerness to learn new things, explore new possibilities, and discover new opportunities. Being optimistic implies that we believe that change will result in positive outcomes or, at the very least, valuable lessons.

I understand how difficult it is to do all of these things. Change can be overwhelming, stressful, or painful at times. We may feel as if we are losing something or someone we care about at times. We may resist or fear change because we are content with the status quo. But believe me when I say that change can be rewarding, enriching, and empowering. Change can sometimes open new doors or windows for us. Sometimes we get something or meet someone we like. Change can sometimes cause us to grow or improve.

As a result, I encourage you to embrace change with an open mind. Don't let change paralyse or depress you. Instead, allow change to motivate and inspire you. Remember that change is unavoidable, and we must accept it with an open mind. That is the most fulfilling and meaningful way to live a life.

As we say goodbye to 2023, let us look forward to 2024 with optimism and excitement. The new year is an opportunity to start over, pursue our dreams, and make the most of every moment. We don't know what the future holds, but we know it will provide new opportunities for growth, learning, and happiness. Let us be thankful for the past year, for all the lessons we've learned, the obstacles we've overcome, and the memories we've created. Let us also be optimistic about the coming year, with all of the possibilities, goals, and joy we can experience. 2024 is a blank canvas waiting to be painted with our own colours. Let us make it a masterpiece!

Stay positive and smile until next time!

This issue would not have been possible without the help of Dr. Juni Menon, Dr. Tuhin Bhattacharya, Dr. Punyabrata Das, Dr. Kanchan Pathak, Dr. Sushma Marulkar, Dr. Sushanta Bhadra, Dr. Alok Maheswari, Dr. Arunava Borah, & Dr. Rohini Patil. I am obliged and sincerely thank all of them.

Wish you all a very happy New Year.

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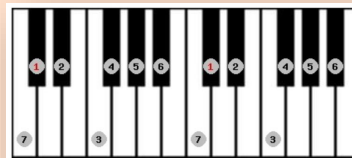
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Music : C# Major scale



The C# major scale is one of the most commonly used scales in music. It consists of seven notes: C#, D#, E#, F#, G#, A# and B#. The scale can be played on various instruments, such as piano, guitar, violin and flute. In this blog post, we will explore some of the characteristics and applications of the C# major scale.

The C# major scale is a type of diatonic scale, which means that it has five whole steps and two half steps. The half steps occur between the third and fourth notes (E# and F#) and between the seventh and eighth notes (B# and C#). The pattern of whole and half steps for the C# major scale is W-W-H-W-W-H-W, where W stands for whole step and H stands for half step.



1	2	3	4
C#	D#	F	F#
5	6	7	
G#	A#	C	

The C# major scale can be used to create melodies, harmonies and chords in various genres of music, such as classical, jazz, pop and rock. The scale can also be used to improvise over chord progressions that are based on the C# major key. Some of the common chords that are derived from the C# major scale are C#maj7, D#m7, E#m7, F#maj7, G#7, A#m7 and B#m7b5.

The C# major scale can be played in different positions and patterns on different instruments. For example, on the piano, the scale can be played using only the black keys. On the guitar, the scale can be played using various shapes and fingerings on the fretboard. On the violin, the scale can be played using different combinations of open strings and finger positions on the fingerboard.

The C# major scale is a versatile and useful scale that can enrich your musical vocabulary and expression. By learning how to play and use the C# major scale, you can expand your musical horizons and discover new possibilities for your creativity.

Paintings by Dr. Juni Menon

Travelogue: Journey through our rich heritage !!



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.

Dr. Tuhin Bhattacharya is also a classmate of mine. He is one of the close friends of mine and a Pathologist by profession. He is presently working as Chief Pathologist & CEO at Lifecare medical foundation blood centre. Kolkata.

Here is his travelogue on Laxmi Vilas Palace, Baroda, which he had visited last month only. I am sure you would like to be part of his journey.

Under the direction of chief engineer G K. Hill and principal architect Major Charles Mant, Maharaja HH Shri Sayaji Rao Gaekwad III constructed the magnificent Laxmi Vilas palace in Vadodara, Gujarat, India. On January 12, 1880, P.S. Melvill Esquire, CSI agent to the Governor General of Baroda, placed the foundation stone.



Travelogue: Journey through our rich heritage !!



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.
Kolkata.

The palace spans 500 acres and was constructed using Indo-Saracenic style. This is four times larger than Buckingham Palace and the largest private residence ever constructed.

The first, second, and far western ground floor wings are off-limits to tourists since Maharaja Sayaji Rao Gaekwad's royal relatives still reside there.



Travelogue: Journey through our rich heritage !!



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.
Kolkata.



Travelogue: Journey through our rich heritage !!



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MBBS, MD
Consultant Pathologist.
Kolkata.



Travelogue: Journey through our rich heritage !!



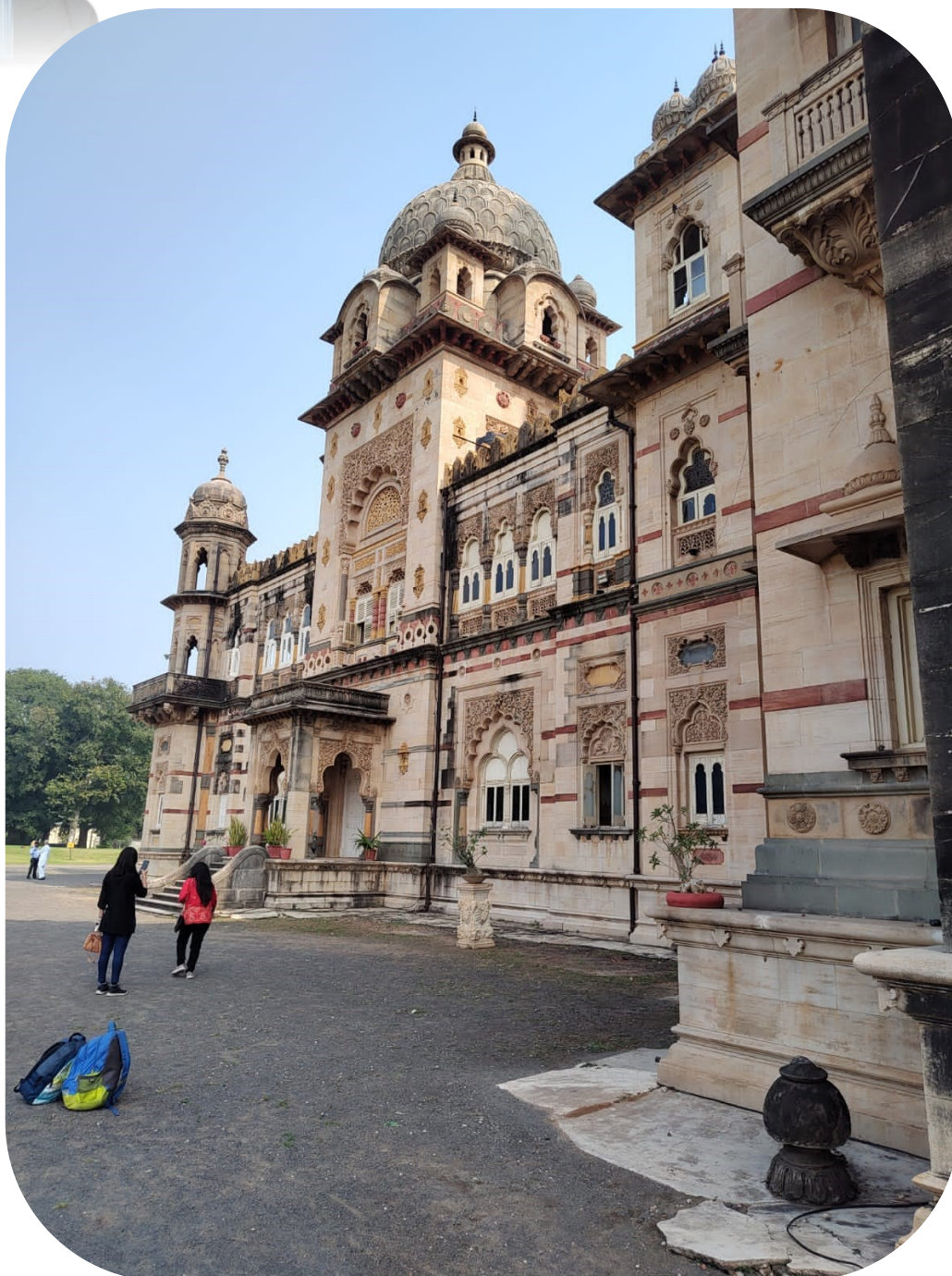
Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.
Kolkata.



Travelogue: Journey through our rich heritage !!



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.
Kolkata.



Travelogue: Journey through our rich heritage !!



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.
Kolkata.



The palace's ornate interiors include marble statues, artwork, chandeliers, mosaics, and an extremely amazing collection of weapons.

The 44 huge paintings by Raja Ravi Verma and collections of European oil paintings are housed in the Royals' own two-story museum structure. The entire valuation in the modern day would be in the billions of millions.

Travelogue: Journey through our rich heritage !!



Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.
Kolkata.



Travelogue: Journey through our rich heritage !!



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Kolkata.

The Royal museum earlier was school for the royal kidsthey use to travel by miniature Train with few coaches ...from palace to school .



Travelogue: Journey through our rich heritage !!



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Kolkata.

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Art through Artificial intelligence



Dr. Punyabrata Das is also a fellow Radiologist. He is consultant at MSA and Sun Diagnostics, Alipurduar, West Bengal. He never had formal training in arts. He picked up skills through observation. He experiments with different mediums including pencil, oil, watercolor and lately digital art. Besides being a painter, he is a good singer and can sing in multiple languages including Spanish and Arabic. He is a good dancer too. Here are some of images created by artificial images by the prompt given by him. . I am sure you will love them.

Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist

Fetus and the future



Art through Artificial intelligence



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist



Art through Artificial intelligence



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist



Art through Artificial intelligence



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist



Art through Artificial intelligence



Dr. Punyabrata Das
MBBS, MD.
Consultant Radiologist



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.

Lighthouse: Acrylic painting



Art - Paintings & Sketches



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

Reflection: water color



Art - Paintings & Sketches



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

Varanasi : water color



Art - Paintings & Sketches



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

Flowers : Acrylic painting



Art - Paintings & Sketches



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

Cottage in a forest



Art - Paintings & Sketches

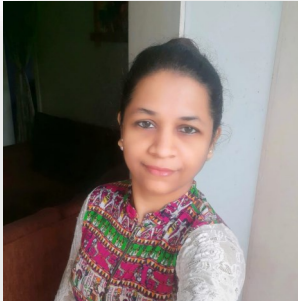


Dr. Kanchan Pathak
MBBS, DGO, MS
Consultant ENT
Surgeon,
Nayagram Multispecialty Hospital
Govt. of West Bengal
West Bengal, India.

Flowervase



Photography: Floral art



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

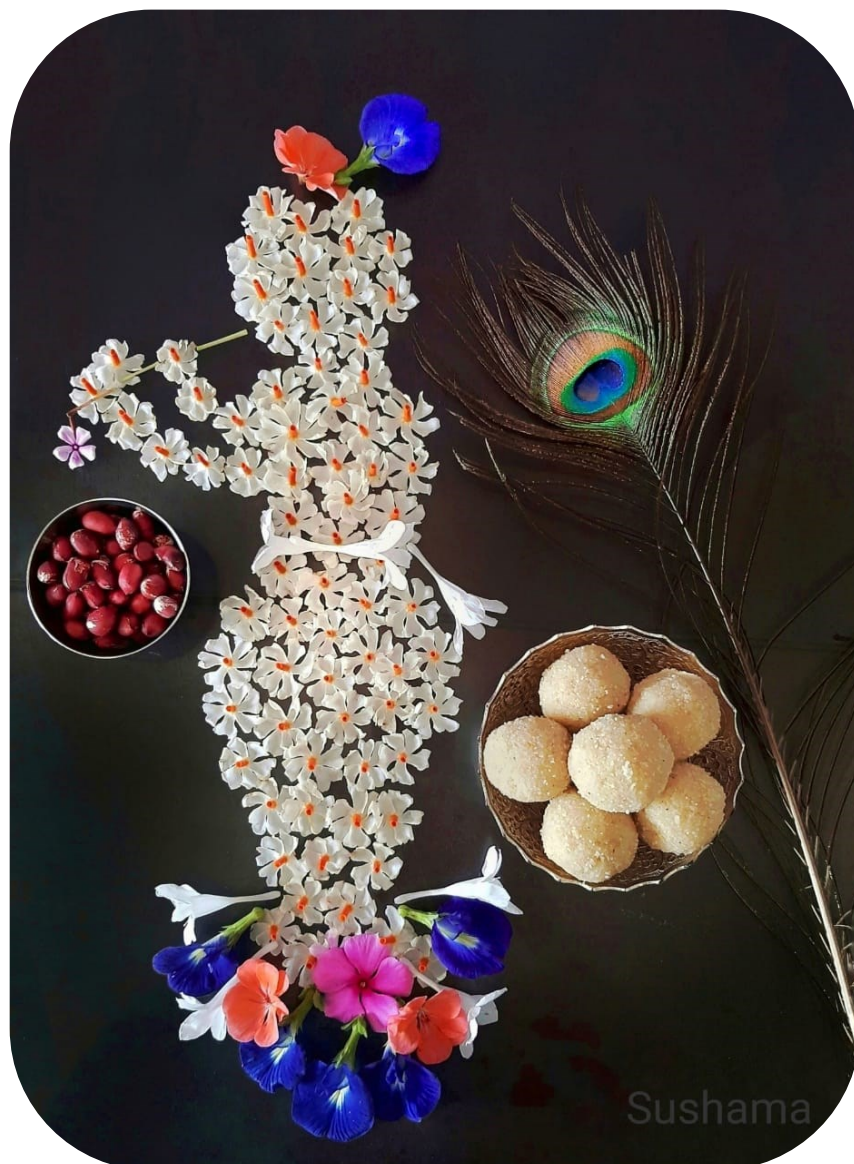
Dr Sushama Marulkar is also a Radiologist. She completed her MBBS from MGM Medical college, Navi Mumbai. She did her DMRE from Kolhapur. She and her husband who is also a Radiologist have their own diagnostic Centre, Shubham Diagnostic Centre at Satara, Maharashtra.

During school days, she passed elementary, intermediate drawing exams with good grades, had dream to pursue a career in photography or fashion designing.

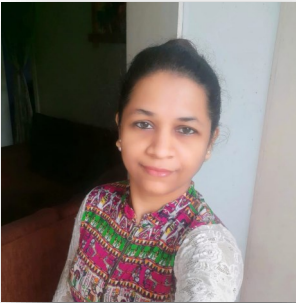
During MBBS days, she had won art related and rangoli competitions.

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 artforms, but sketching is most skillful art learnt during lockdown. Here are some of her floral art.

Shrikrisha
Janmashtami
special creative
mobile photog-
raphy involving
Prajakta flow-
ers decorated
in shape of
Shrikrishna
along with Apa-
rajita and other
flowers, mor-
pankh and pra-
sad rava laddu
with ground-
nuts.



Photography: Floral art

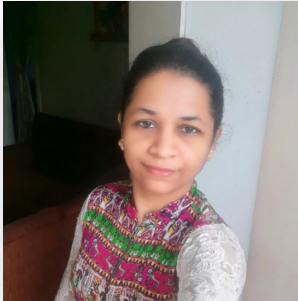


Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,
Satara. Maharashtra.

Shri Ganeshtsav special creative mobile photography involving Prajakta flowers decorated in shape of Ganpati along with Hibiscus, Aparajita and other flowers with prasad modak, rava laddu, besan laddu and aluvadi.

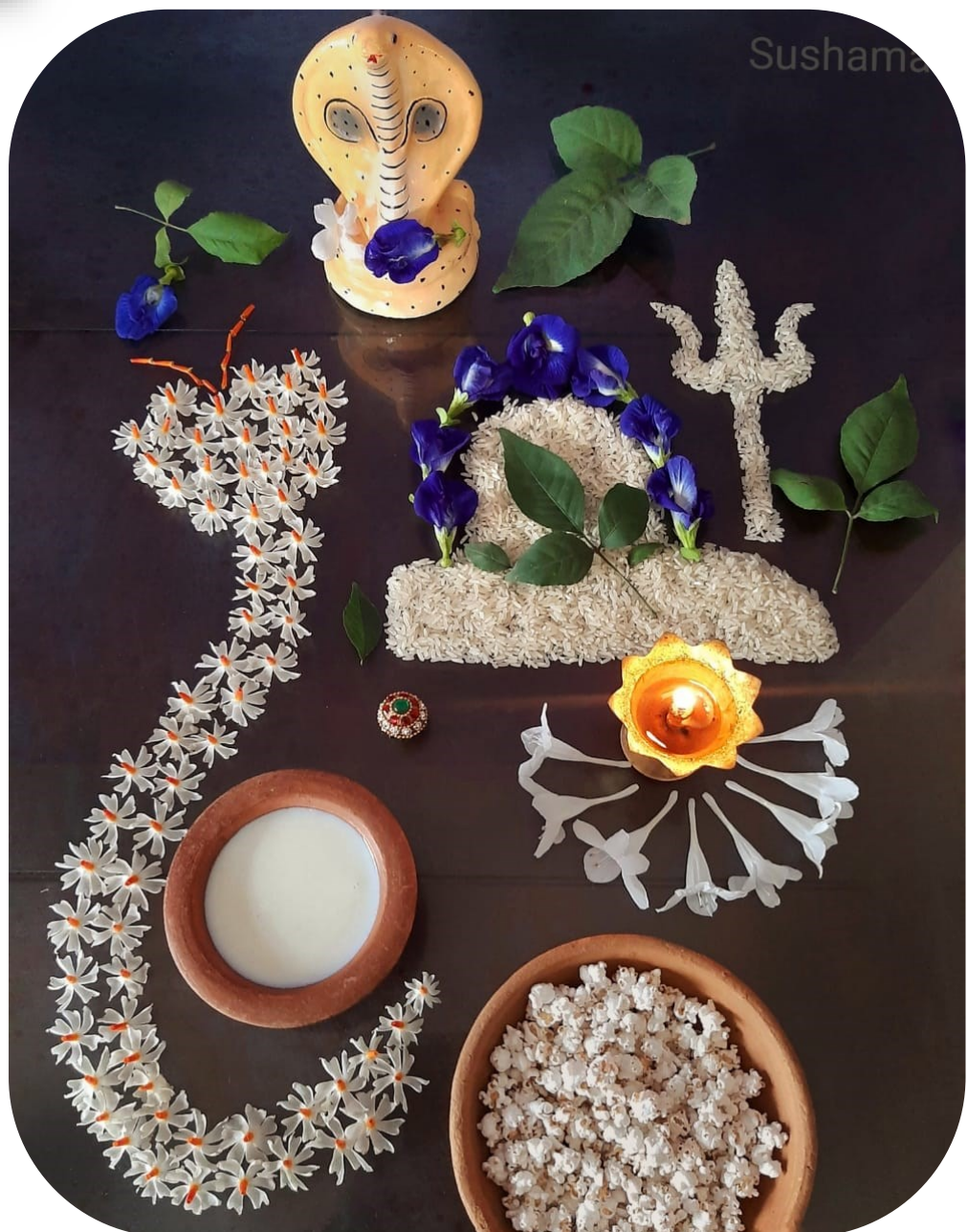


Photography: Floral art

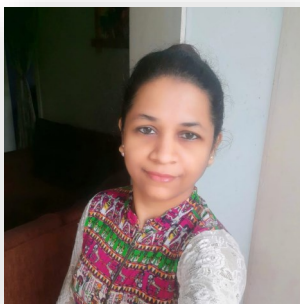


Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,
Satara. Maharashtra.

Nagpanchami special creative mobile photography involving **Prajakta** flowers arranged in shape of cobra with **Shivlinga** shaped with raw rice and **aprajita** flowers alongwith other flowers and **prasad** of **lahi** and milk.



Photography: Floral art

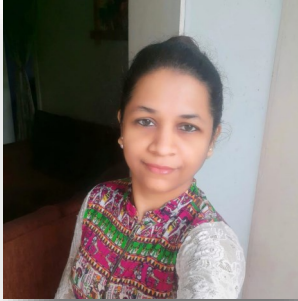


Dr. Sushama Marulkar
MBBS, DMRE
Radiologist
Shubham Diagnostic Centre,
Satara. Maharashtra.

Dussehra special creative mobile photography involving Durga Mata face shaped with periwinkle and Aparajita flowers with prasad Kandi pedha and malai pedha.



Photography: Floral art



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



Ashadhi Ekadashi special creative mobile photography involving sabudana granules used to create mauli word which stands for Lord Vitthala alongwith mor-pankha and prasad Sabudana khichadi, dahi, groundnuts.

Photography

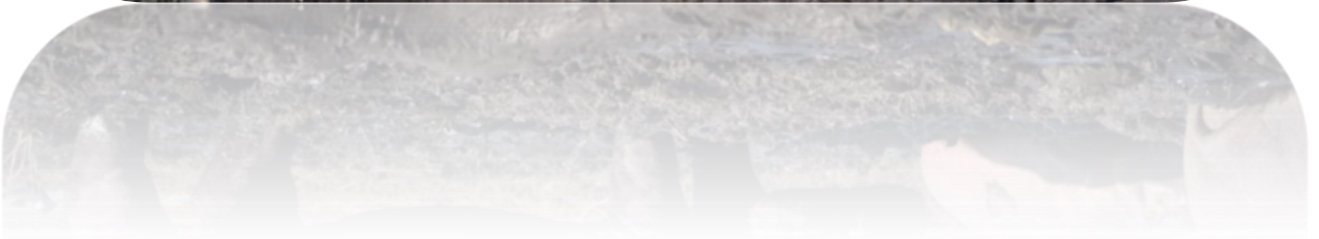
Dr. Alok Maheswari
MD [Radiodiagnosis]
PROF. & HEAD,
RAMA MEDICAL COL-
LEGE
PILKHUWA, HAPUR
[U P]

Dr. Alok Maheswari is also a fellow Radiologist and works as head of the Department of Rama Medical College, UP. Here are some of the photographs taken during his recent South African Safari. I am sure you will like them.



Photography

Dr. Alok Maheshwari,
MBBS,MD
Professor & Head,
Department of Radiodignosis,
Rama Medical College & Hospital,



Photography

Dr. Alok Maheshwari,
MBBS,MD
Professor & Head,
Department of Radiodignosis,
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Department of Radiodignosis,
Rama Medical College & Hospital,



Photography

Dr. Alok Maheshwari,
MBBS,MD
Professor & Head,
Department of Radiodignosis,
Rama Medical College & Hospital,



Astrophotography



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

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 wild-life 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.

**Pelican Nebula
(in Hubble palette)**

Canon 1200D
astromodded
Canon 400mm
f5.6 prime lens
loptron sky
guider pro(un-
guided/
undithered)
f/5.6, iso 1600,
104 sec
Integration-
7hours
Sirilic, Siril, Pix-
insight, Adobe
PS 2023
Nov, 2023
Dhubri, Bortle
4-5



Astrophotography



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

Wall of Cygnus

Canon 1200D
Canon 400mm
F5.6 L USM
ioptron Skyguide-
er pro (unguid-
ed / undithered)
Optolong L en-
hance clip in fil-
ter
f/5.6, iso1600,
109sec
Total integration
- 2 hours 20
mins
Softwares-
Sirilic, Siril, Pix-
insight, Adobe
PS



WALL OF CYGNUS.

WALL OF CYGNUS.

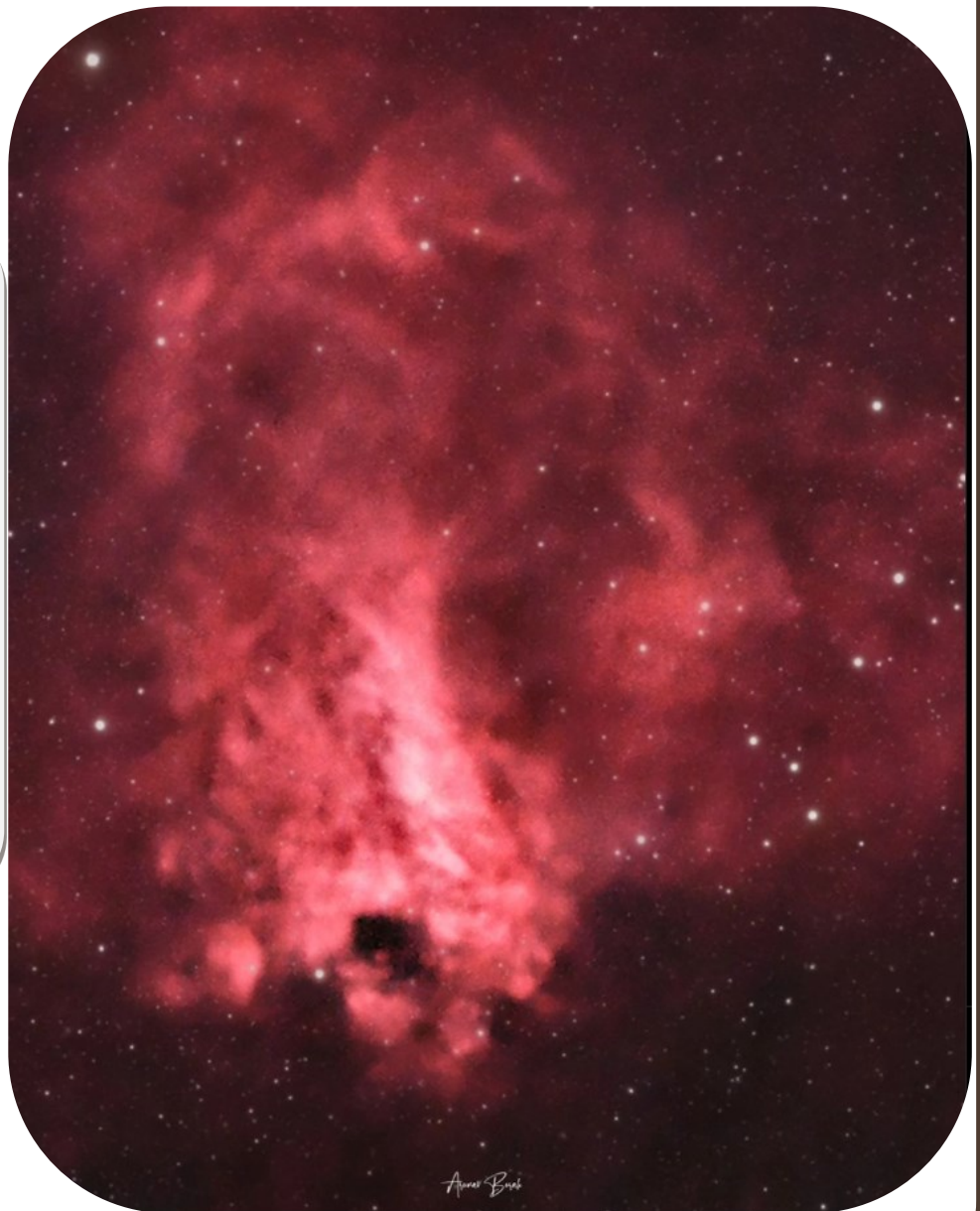
Astrophotography



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

Core of Omega Nebula

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



Aruna Borah

Aruna Borah

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, PCN**



Glamour Photography



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



Glamour Photography



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United Kingdom.



Glamour 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 Gynaecologist 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

COMMA

It's not a full stop,
Neither an exclamation
Yet, its life's,
Best punctuation

It's a breather.
A refresher,
A kinda healer,
That makes you fuller,
And takes you further.

Where kids are dutiful,
Work is plentiful.
Husband is near n cool,
Life is so resourceful.

Where botheration is at stall
seat,
Satisfaction at balcony,
And happiness at majesty

Gratitude n bliss galore,
Emojis of Smilies come.
Knocking at your door,
WHEN AT COMMA,

Really one can't ask for
more.....

Menarche to Menopause

Twass month of Baisakhi
When academics were topmost hierarchy
Rest all things just malarkey.
When I attained my Menarche

And so began the shedding....
And rebuilding ...
Outbursts n emotions
Premonitions and
Admonitions

As luck might see
Only twice I was free.
Those 18 months you see.
As kids kept growing inside me

One lapse after another
As life glided further
Kids were top priority
Periods always secondary.....

As I relax now take a pause
Hot flushes n tantrums
Don't have a chance
Smoothly as I attain
Menopause.....

Sundarbans: 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 February 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 January, 2024.

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