

The Atlantic tradition of Medicine

# Reflections

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Number 1



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# REFLECTIONS



## Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 5

Issue: 2

February 2024

# REFLECTIONS

Volume 5 Issue 2

01.02.2024

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



Bhavani Island, Vijayawada. Photography: Dr. Viral Parekh

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## Special points of interest:

- Paintings by Dr. Juni Menon, Dr. Sanjeev Handique & Dr. Kanchan Pathak.
- Jyotirlingam by Dr. Tuhin Bhattacharya
- Poem by Dr. Rohini Patil & Viral Parekh
- Photography by Dr. Sushanta Bhadra, Dr. Arunava Borah, & Viral Parekh.

# REFLECTIONS

Volume 5 Issue 2

01.02.2024

Reflections

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## Radiologist's Musings - Dr. Viral Parekh

Hi! It gives me immense pleasures in presenting the 47th. issue of Reflections.

Test cricket is alive and kicking. That is the message that two recent thrilling test matches between India and England, as well as one between Australia and the West Indies, sent to the world.

Let us first discuss the test match between Australia and the West Indies, which took place at the Gabba in Australia and ended on January 28, 2024. Australia was set a target of 215 runs in the fourth innings. Shamar Joseph, a 24-year-old fast bowler from Guyana playing only his second test match, ripped apart the Australian batting and took seven wickets despite a toe fracture. West Indies won by eight runs. What a victory.

In another test match between India and England, which was played in Hyderabad, India took a 190-run lead in the first innings but lost by 28 runs. Ollie Pope scored an impressive 196 runs and set a target of 230 runs in the fourth innings. India lost due to superb bowling from Tom Hartley, a 24-year-old English player from Lancashire. Hartley was playing his first test, and he took seven wickets in a comprehensive victory over India.

In an era when many fans and pundits have questioned the relevance and appeal of the game's longest format, such test matches have provided a spectacle of skill, drama, and passion that has captivated millions.

Above all, a spirit of competition and sportsmanship has defined the essence of test cricket. All teams in these two test matches fought hard for every run, wicket, and session. They have expressed respect and admiration for one another's abilities and accomplishments. They have entertained and inspired fans with their talent and bravery. They've reminded us why test cricket is the pinnacle of character, skill, and endurance.

Test cricket is alive and kicking. And we should be grateful for that.

T20 is just a starter. One day cricket is a frugal breakfast and Test cricket is 7 course dinner.

This issue would not have been possible without the help of Dr. Juni Menon, Dr. Tuhin Bhattacharya, Dr. Sanjeev Handique, Dr. Kanchan Pathak, Dr. Sushanta Bhadra, Dr. Arunava Borah, Dr. Praveen Bhatia & Dr. Rohini Patil. I am obliged and sincerely thank all of them.

**Wish you all a very happy New Year.**

# REFLECTIONS

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## Music : D Major scale

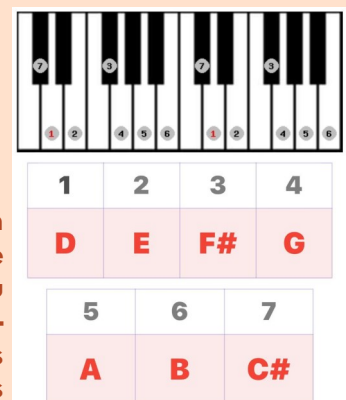


### D major scale

The D major scale is one of the most common scales in music. It consists of seven notes: D, E, F#, G, A, B, and C#. The D major scale has two sharps: F# and C#. The D major scale is often used in classical, pop, rock, and folk music. Here are some examples of songs that use the D major scale:

- The Beatles' Here Comes the Sun
- Ed Sheeran's Perfect
- John Denver's Take Me Home, Country Roads

The D major scale is a versatile and useful scale that can help you learn music theory and play many songs. It is also a great way to practice your technique and improve your intonation on your instrument. You can practice playing the D major scale in different ways, such as ascending and descending order, in intervals of thirds or fourths or fifths or sixths or sevenths or octaves etc., in different rhythms and tempos etc. You can also try to sing or hum along with the scale to train your ear and your voice. The more you practice the D major scale, the more familiar and comfortable you will become with it.



Acrylic on canvas generated by AI

## Jyotirlingam: The mystic world of lord Shiva



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

### THE JYOTIRLINGAM.....the mystic world of Lord Shiva !!

Jyotirlingam is a devotional representation of Hindu God - Shiva. The word is a Sanskrit compound of Jyotis ( radiance )and linga ( sign ).



The Shiva Mahapuranam mentions 64 original Jyotirlinga shrines in India.



According to a Shaiva legend from the Shiva Purana ---once Lord Brahma ( the God of creation ) and Lord Vishnu ( the God of preservation )had an argument over their supremacy.



## Jyotirlingam: The mystic world of lord Shiva



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

To settle the dispute Lord Shiva pierced the three worlds ( trilok ) appearing as a huge , infinite pillar of light ----the JYOTIRLINGA.



Brahma and Bishnu decided to ascend & descend across the pillar of light respectively to find the end of the light source in either direction .



According to some iterations , Vishnu assumed his Varaha - an avatar to achieve his task , Brahma rode a swan ( hamsa).



## Jyotirlingam: The mystic world of lord Shiva



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

Brahma lied that he had discovered the end of light, producing KETAKI flower as proof, while Vishnu admitted that he couldn't find the end of light from his journey.



The dishonesty of Brahma angered Lord Shiva, causing him to curse the creator deity that he would not be worshipped and he declared that Lord Vishnu would be eternally worshipped for his honesty.



The Jyotirlinga shrines are regarded as a fiery column of light.



Originally there were 64 Jyotirlingas, of which 12 are considered to be very auspicious and holy.



## Jyotirlingam: The mystic world of lord Shiva



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

The 12 Jyotirlingas take the name of their respective presiding deity and the primary image is Lingam ---- representing the beginning less and endless .



Stambha ( pillar ) symbolising the infinite nature of Lord Shiva....!!



## Cartoon



**Dr. Praveen Bhatia,  
MBBS. MD  
Consultant Radiologist**

Dr. Praveen Bhatia is also a fellow Radiologist, He has done MBBS from UCMS Delhi and MD Radio-Diagnosis from Maulana Azad Medical College, Delhi. He runs a diagnostic centre at Faridabad, Haryana. He started cartooning initially as time pass during corona lockdown, enjoyed and then carried on. He is also an avid traveller, blogger and corona time singer. Here is one of his cartoons, which I am sure will tickle you.

**NITISH KUMAR TAKES OATH AS CHIEF  
MINISTER OF BIHAR FOR 9th TIME**



## Art - Paintings & Sketches



Dr. Sanjeev Handique is a friend and fellow Radiologist from Guwahati. He is an ex-student of Assam Medical College. He excels in painting and makes paper scale models of cars also. In last issue we had gone through some of his craft and in this issue we will again see some of his paintings. He is a self taught painter. Here are some of his paintings, which I am sure you will love it.

Dr. Sanjeev Handique,  
MBBS, MD  
Director Radiology &  
Imaging GNRC  
Sixmile  
Hospital,  
Guwahati, Assam

### Boats in Allepey



## Art - Paintings & Sketches



Dr. Sanjeev Handique,  
MBBS, MD  
Director Radiology &  
Imaging GNRC Sixmile  
Hospital,  
Guwahati, Assam

A house in Fort Kochi



## Art - Paintings & Sketches



Dr. Sanjeev Handique,  
MBBS, MD  
Director Radiology &  
Imaging GNRC Sixmile  
Hospital,  
Guwahati, Assam

### Kochi Fort



## Art - Paintings & Sketches



Dr Juni Menon  
MBBS, MS, DO. DNB,  
Ophthalmic Surgeon  
Arogya Medical Cen-  
tre  
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.

### Countryside



## 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.**

### Nature

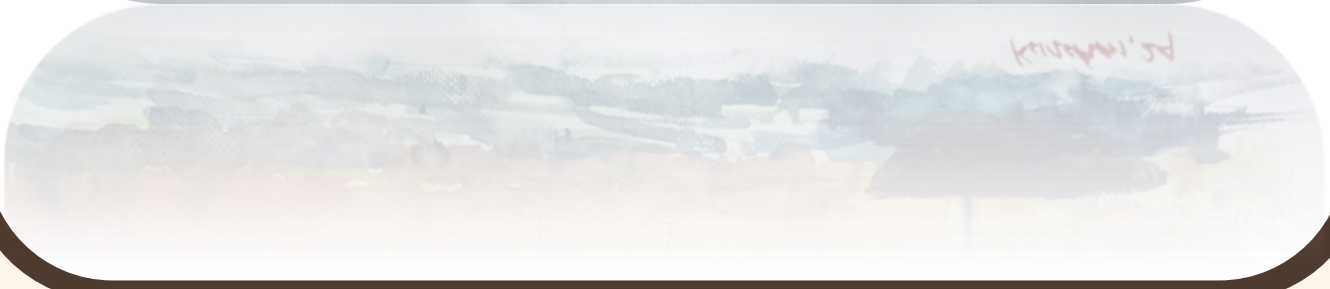


## Art - Paintings & Sketches



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

### Varanasi



## Art - Paintings & Sketches



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

### Varanasi

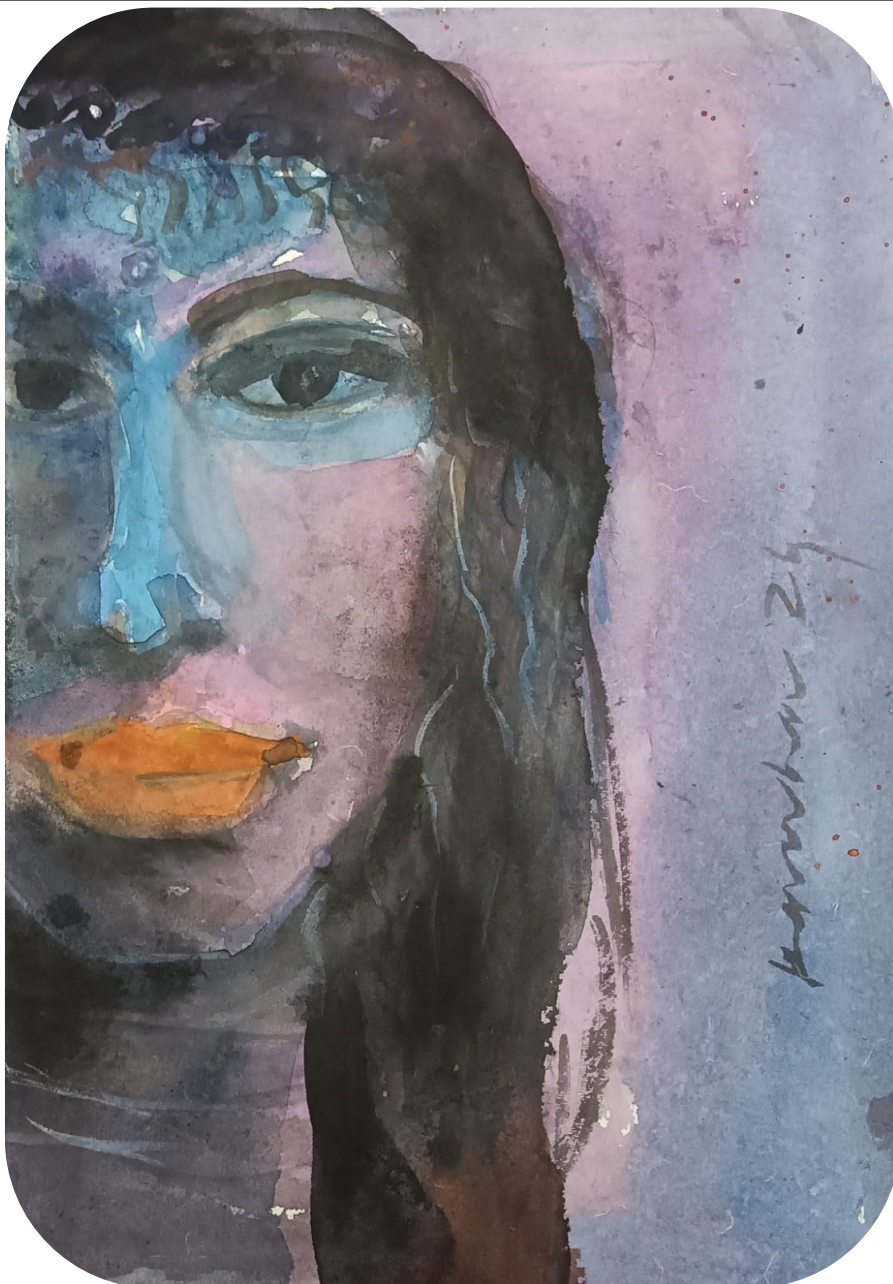


## Art - Paintings & Sketches



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

**Sundari**



## Art - Paintings & Sketches



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

Sunrise



## 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 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.

Elephant's  
trunk nebula in  
Cepheus

Canon 1200D  
Samyang  
135mm f/2 lens  
f/2.8, ISO1600,  
159sec  
ioptron  
skyguider pro  
( unguided,undithered)  
Total integrations- 7 hours  
55 mins  
Optolong L enhance filter  
Stacked in DSS ,  
Edited in Pix-  
insight & Adobe  
PS  
Jorhat Medical  
College campus  
December,  
2023



Arunava Borah

Arunava Borah

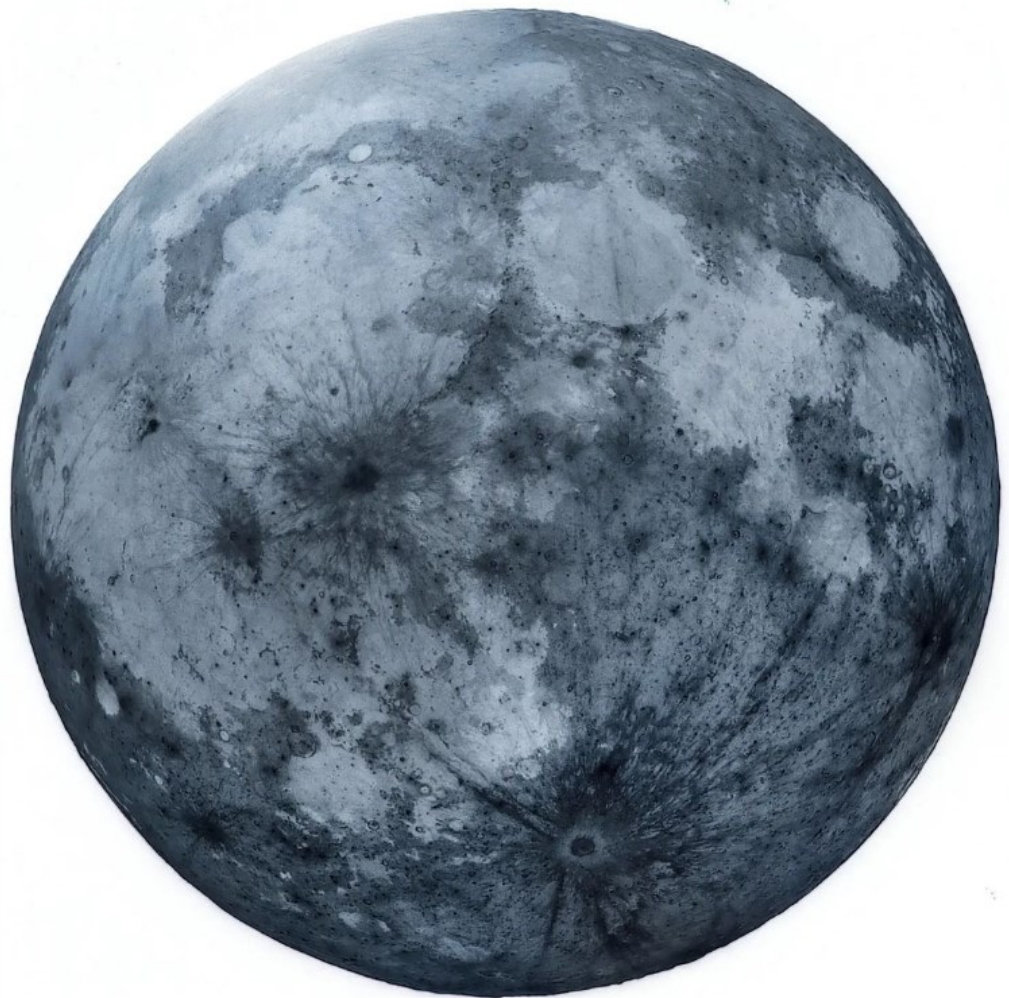
# Astrophotography



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

## Moon in Inverted Details

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 20 images  
Softwares- PIPP,  
Autostackert,  
Adobe PS  
Dhubri, India



INVERTED DETAILS

Arunava Borah

Arunava Borah

INVERTED DETAILS

# Astrophotography



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



**Clamshell and cocoon nebule. Clamshell Nebula ( situated on top left):**

The Clamshell Nebula is a large complex of emission nebulae in the constellation Cygnus. The bright star at the centre is 68 Cygni, a 5th magnitude star responsible for ionizing the surrounding gas. There are also some Bok globules near the centre. It is approximately 2200 light years away.

The Cocoon nebula is situated on bottom right. The Cocoon nebula is a compact star forming region with a long trail of interstellar dust clouds to making the entire complex appear a bit like a comet. Catalogued as IC 5146, the central bright head of the nebula spans about 10 light years, while the dark dusty tail spans nearly 100 light years.

## Glamour 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



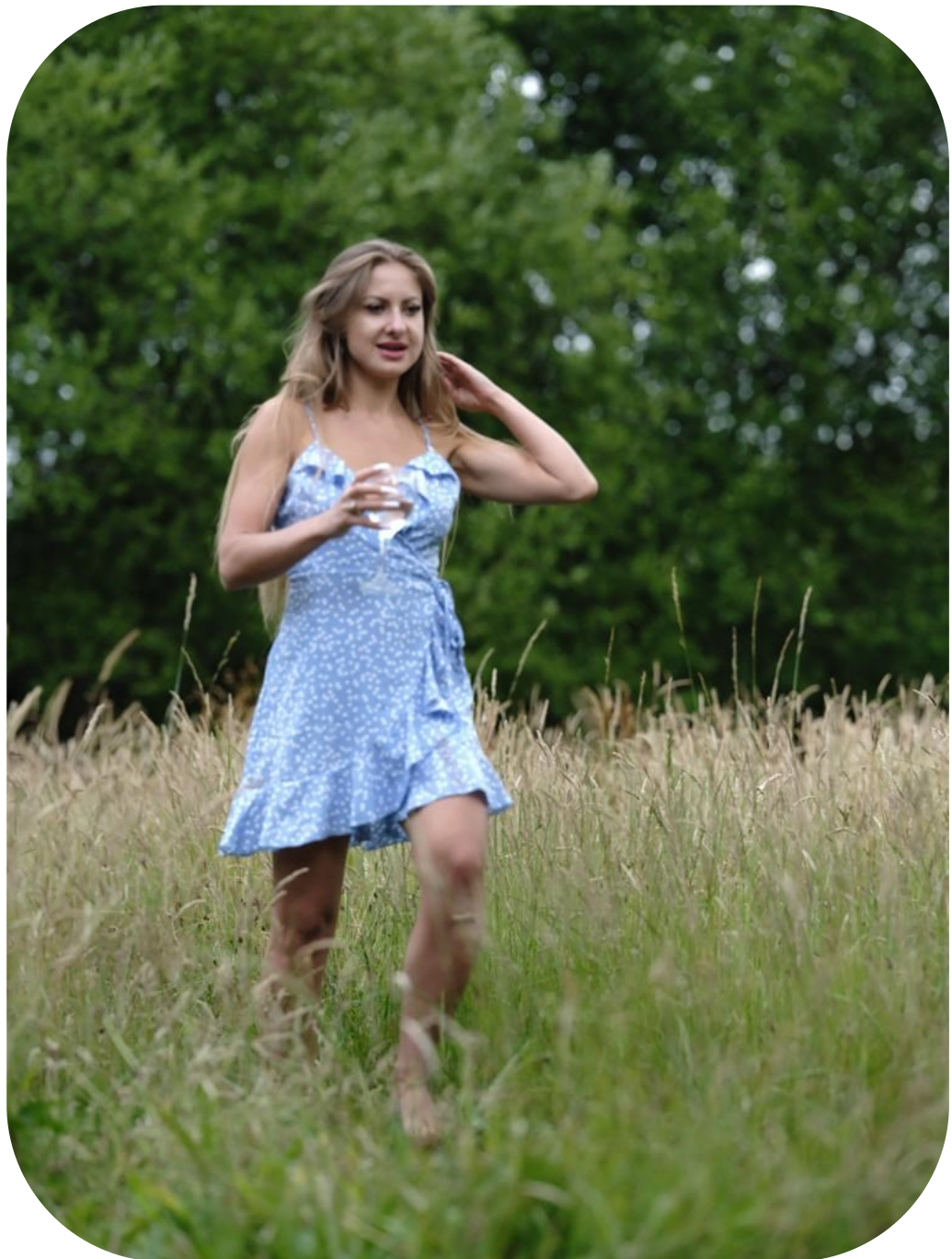
**Mr. Sushanta Bhadra,  
MBBS, MD, DTMH, DNB, FRCOG, FRCGP, LLB.  
Clinical Director,  
North Bexley PCN  
United Kingdom.**



## Glamour Photography



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



## Glamour Photography



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



## Glamour Photography



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



**Mr. Sushanta Bhadra,  
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 Vidyalyaya in Kathak Nritya. She is about to publish a booklet of four liners. Here are two of her

### FROM 2024

What do we ask for ?  
Health for sure  
Stability a bit more  
Opportunities galore  
Happiness multiplier  
Mind and body cleanser  
Spirit booster  
Thought process clearer  
Bonding stronger  
Development ladder  
Breathing easier  
Goals achiever  
In short  
An round turner  
Fresh air blower

## Literature: Poems



कमबख्त यह ख्वाहिशें जो थमने का नाम नहीं लेती  
कमबख्त यह सांसे जो थम जाती हैं

**Viral**

Viral

## Literature: Poems



इन खुद गर्जो कि दुनिया मे  
कौन अपना कौन पराया  
हमे तो अपना साया भी लगता बेगाना ।

Viral

॥॥॥

इसे पढ़ें और आप भी बन सकेंगे वायरल ।

**Vijayawada : Photography: Dr. Viral Parekh**



**Next issue in March 2024**

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

**So long.**

**Viral Parekh**