

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
APRIL 2024, VOLUME V, ISSUE 4



REFLECTIONS



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 5

Issue: 4

April 2024

REFLECTIONS

Volume 5 Issue 4

01.04.2024

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



Nariman Point, Mumbai : Photography: Dr. Viral Parekh

Inside this issue:

Radiologist's Musings	4
Music	5
Cartoon	6
Art: Paintings & Sketches	7-18
Photography	19-31
Culinary Arts	32
Last Page	33

Special points of interest:

- Paintings by Dr. Juni Menon, Dr. Sanjeev Handique, Dr. Varsha Vaishnav & Dr. Madhuri Salwe.
- Photography by Dr. Sushanta Bhadra, Dr. Arunava Borah, & Viral Parekh.
- Cartoon by Dr. Praveen Bhatia.
- Culinary arts by Dr. Ritu Lokhande

REFLECTIONS

Volume 5 Issue 4

01.04.2024

Reflections

An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Dr. Viral Parekh

Hi! Namaskar. It gives me immense joy to publish the 49th issue of Reflections. In April 2020, amid the Covid shutdown, we launched this groundbreaking art journal created by doctors for everyone. And today we begin our fifth year.

As the pages of the calendar turn to mark the start of our art magazine's fifth year, we reflect on a journey as colourful and lively as the work we showcase. It's a milestone that fills us with enormous joy and pleasure, similar to the sensation an artist gets when they stand back to see their finished work.

Four years ago, we set out on a quest to build a platform that not only displays the diverse and bright works of artists from all over the world, but also looks into the stories behind their creations. We sought to create a connection between the work and the audience, generating an intimate discourse that goes beyond the visual experience.

Each issue has represented a fresh chapter in an ever-changing story of artistic expression. We've seen styles that deviate from the ordinary, pieces that spark contemplation, and works that soothe the soul. Our pages have featured modern painters' strong strokes, illustrators' complex lines, and digital artists' innovative designs. We've delved into the complexities of classic approaches while also celebrating the disruptive nature of avant-garde movements.

The satisfaction we get from bringing this publication to reality is priceless. It's found in the thrill of discovering a new talent, the delight of receiving emotional feedback from our readers, and the satisfaction of contributing to the global creative community. This magazine has transformed into a tapestry woven with threads of talent, passion, and inspiration.

As we enter our fifth year, we bring with us the lessons gained, accomplishments enjoyed, and obstacles overcome. We remain dedicated to our initial vision, but we are also open to the forces of change that propel the creative world forward. We invite you, our valued readers and collaborators, to continue this adventure with us. Let's turn the page and paint the future in brilliant hues of artistic brilliance.

Here's to another year of artistic expression and connection. Thank you for being a key part of our narrative.

This issue would not have been possible without the help of Dr. Juni Menon, Dr. Sanjeev Handique, Dr. Madhuri Salwe, Dr. Varsha Vaishnav, Dr. Sushanta Bhadra, Dr. Ritu Lokhande, Dr. Arunava Borah, & Dr. Praveen Bhatia. I am obliged and sincerely thank all of them.

Wish you all a very happy Baisakhi, & Polia Baisakh.

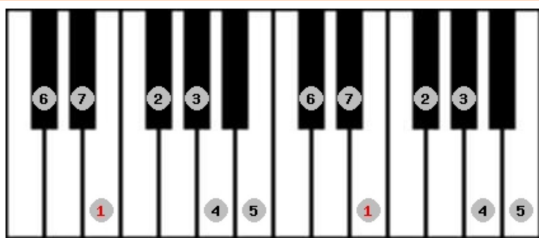
REFLECTIONS

Volume 5 Issue 4

01.04.2024

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

Music : E Major scale



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

E major scale

The E major scale, a staple in the world of music, is known for its bright and uplifting sound. It consists of seven notes: E, F#, G#, A, B, C#, and D#. This scale is often associated with a sense of joy and optimism, making it a popular choice for composers and musicians across various genres.

The E major scale serves as the foundation for many pieces of music. It's used to construct melodies, harmonies, and even entire compositions. In classical music, composers like Johann Sebastian Bach and Ludwig van Beethoven have utilized the E major scale to convey a range of emotions, from serene tranquillity to exuberant joy.

In contemporary music, the E major scale finds its place in various genres, from rock to pop. It's particularly favoured in guitar-driven music, where the open strings of the instrument align with the notes of the scale, providing a resonant and full-bodied sound.

Images generated by AI

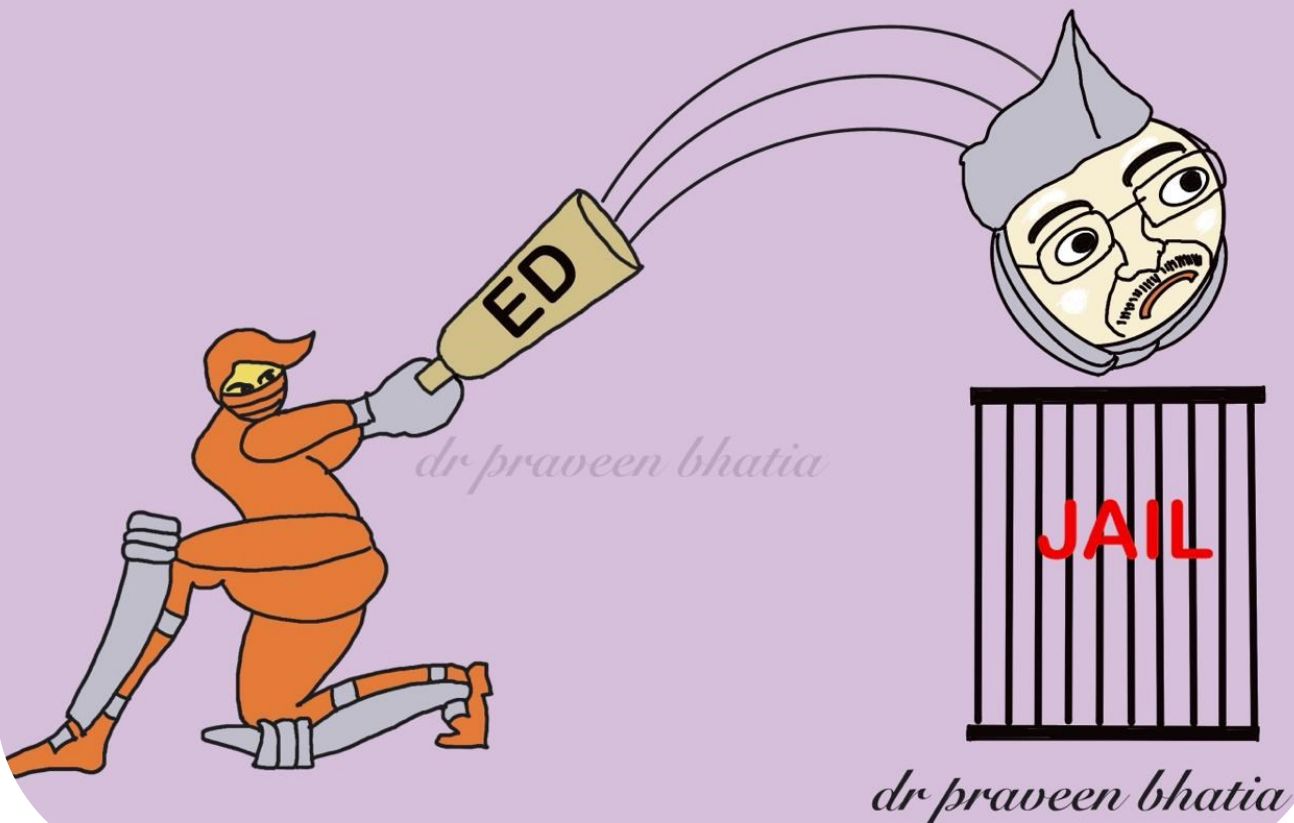
Cartoon



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 are his cartoons, which I am sure will tickle you.

IPL 24 BEGINS WITH A BANG



Art - Paintings & Sketches



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.



Art - Paintings & Sketches



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

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.

The shore temple at Mahabalipuram “ 15x11 watercolor in Arches 300 gsm paper. This 1300 year old granite temple is one of the oldest existing temples in South India. An architectural marvel, it is an inspiring subject to paint



Art - Paintings & Sketches



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

"The entrance to La Seville" 15x11" watercolour on Arches 300gsm paper. The White Town French Quarter area of Pondicherry is littered with examples of beautiful colonial architecture- every corner springing a surprise and a visual treat.



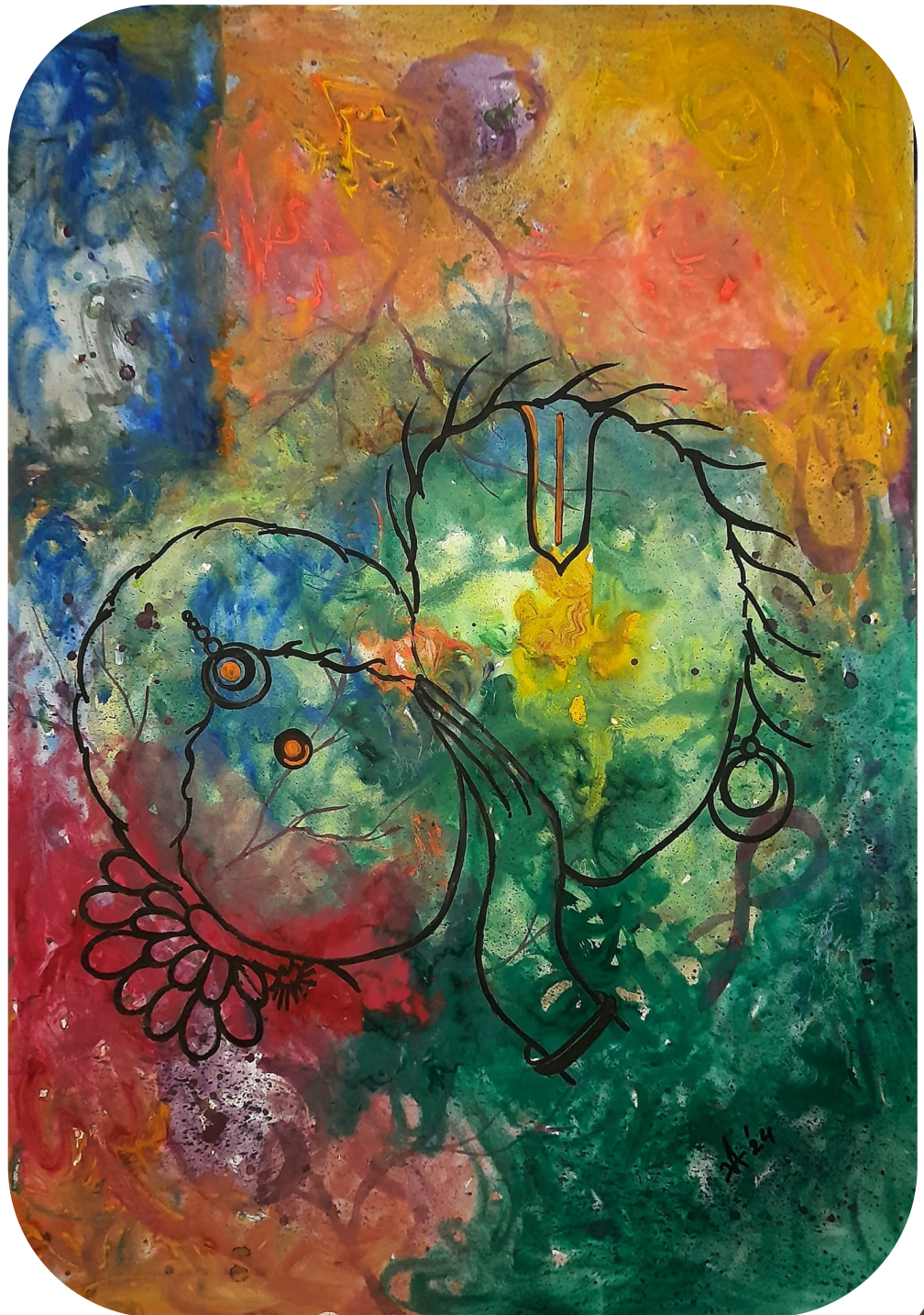
Art - Paintings & Sketches



Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.

Dr. Varsha Vaishnav is an ophthalmologist by profession and she practices in beautiful city of Bhopal. Here are some of her paintings. I am sure you will like it.

COLOURS- they crown the world, make the world alive, directly influence the soul...so colours complete the beautiful picture of life.



Art - Paintings & Sketches



Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.

Acrylic on hand-
made paper.



Art - Paintings & Sketches



Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.

A woman believes in being strong in any circumstances ...it takes a certain grace, strength, intelligence, fearlessness and the nerve to never take no for an answer. Art work in oil media .



Art - Paintings & Sketches



Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.

It takes a lot to
love a leaf...its
ordinary to love
the beautiful but
its beautiful to
love the ordi-
nary. Work in oil
media...



Art - Paintings & Sketches



Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.

Flowers just bloom without competing with those around them.
Oil painting of flowers.



Art - Paintings & Sketches



Dr. Varsha Vaishnav,
MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.

A bit of geometry reimaged. Abstract art in oil medium.



23

23

Art - Paintings & Sketches



Dr Madhuri Salwe,
MBBS, DMRE.
Consultant Radiolo-
gist
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.



Art - Paintings & Sketches



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

Savitribai Phule - Simple pencil work .. could not get her original photo but this I could get from net as a referral photo . She was the first female teacher, a social reformer, freedom fighter, and poet. She is considered to be the pioneer of India's feminist movement.. so just remembering her on our special day who plays important role in women's education and equality .



Art - Paintings & Sketches



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



Astrophotography

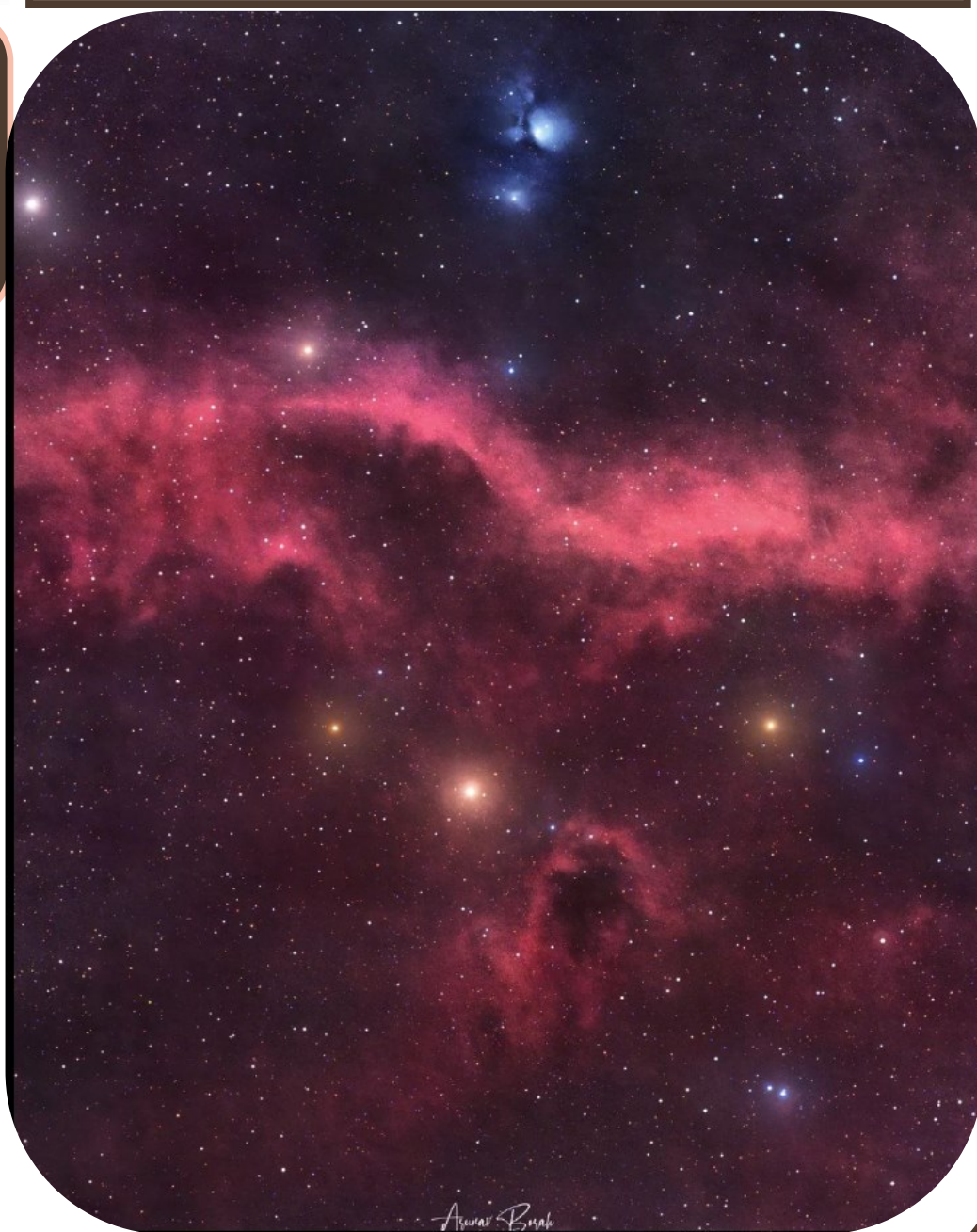


Dr. Arunava Borah did his MBBS from Assam Medical College, Dibrugarh (2004 batch). He did his postgraduation in Forensic Medicine and Toxicology from Gauhati Medical College, Guwahati in 2016. Currently he is working as Assistant Professor in Department of Forensic Medicine, Dhubri Medical College.

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.

In my image, one can see the blue coloured M78 reflection nebula on top and the Bogeyman nebula lurking below separated by a portion of the Barnards loop in between.



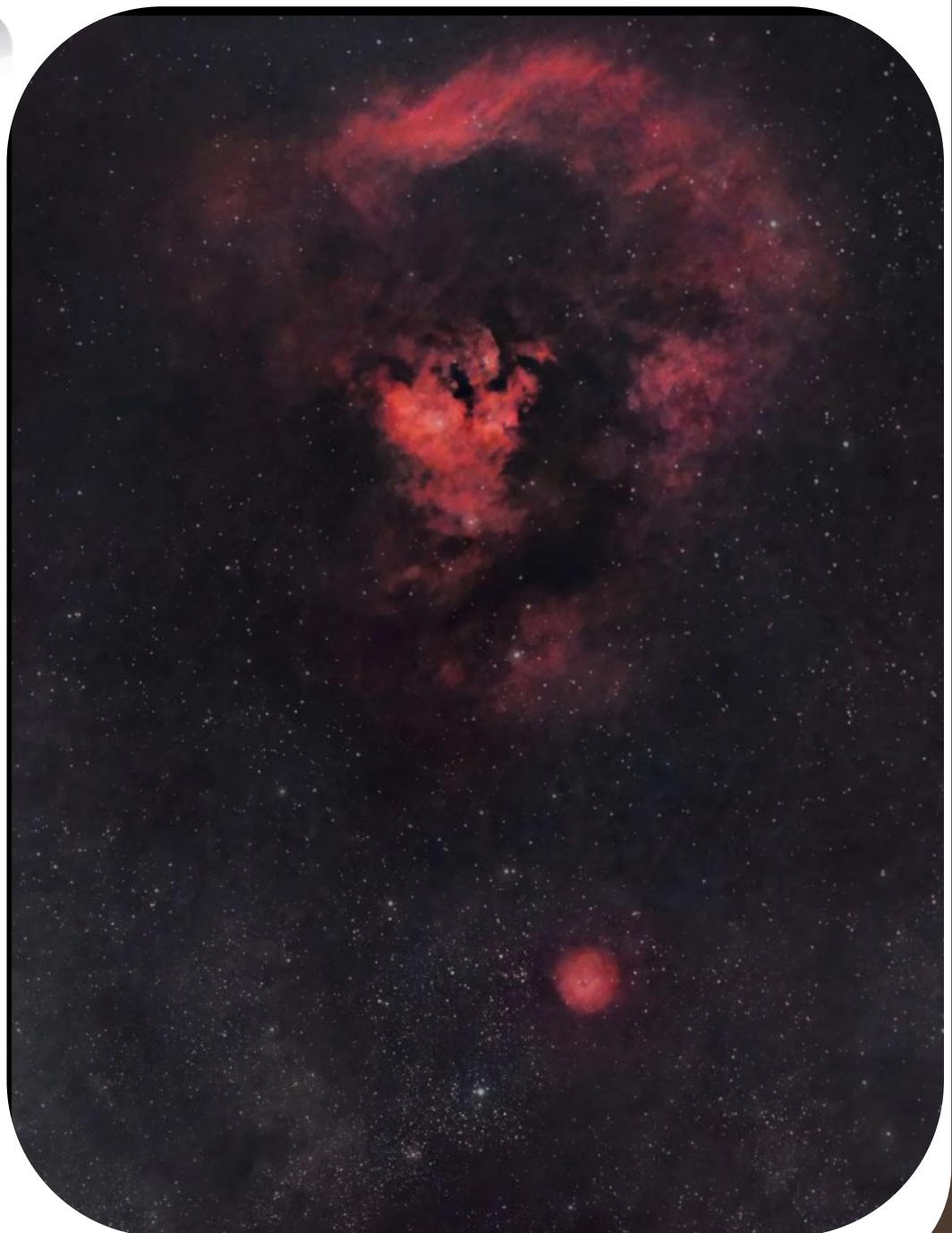
Arunava Borah
Arunava Borah

Astrophotography



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

Question mark
nebula.



Astrophotography



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

Dhumketu

Taken at
15degree ele-
vation through
atmospheric
haze.



Astrophotography



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

Castor & Pol- lux.

Like a pair of twins, two stars shine prominently now in the evening skies near the Zenith point. They are Pollux and Castor in the constellation Gemini the Twins. Pollux is slightly brighter than Castor. Pollux shines with a golden glow while Castor appears bluish white.

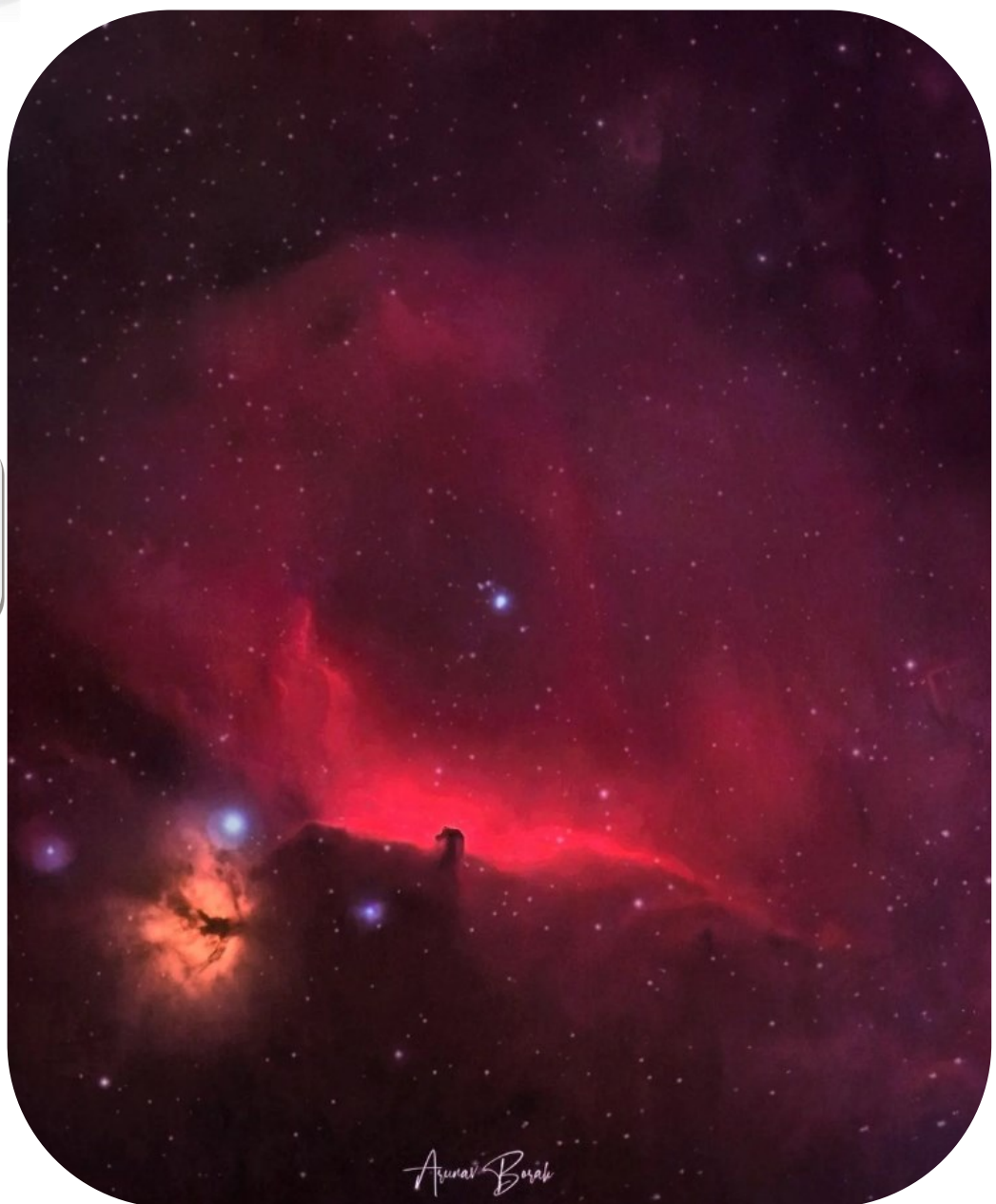


Astrophotography



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

Horse Head
Nebula.



Arunava Borah

Arunava Borah

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.
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.
Clinical Director,
North Bexley PCN
United Kingdom.



Culinary Arts



Dr. Ritu Lokhande
MBBS, DMRE
Radiologist.
Pune.

Dr. Ritu Lokhande is also a fellow Radiologist from Pune. Women imaging is her area of interest. Apart from radiology she pursues her passion for cooking ,dancing and styling. She is a fitness enthusiast, marathoner and yoga expert. She is the styling expert of Mediqueen Mrs. Maharashtra, a beauty pageant organized by the doctors for the doctors in Maharashtra in Jan 2020.

Her natural flair to socialize helps me enjoy a vibrant circle of friends both from medical and non medical fraternities. She can cook almost all the Indian cuisines, Continental, French ,Italian. Baking is her all time stress buster. Here is the recipe for Masoor Dal Burger Buns

No Maida, high protein vegan instant Masoor dal burger buns

Ingredients:

1. Masoor dal two hundred grams.
2. Isabgol 4tbsp.
3. Water 4tbsp.
4. lemon juice 1/2tbsp.
5. Oil 1.5 tbsp.
6. Salt a pinch.
7. Baking soda 1/2 tsp
8. Oregano, rosemary, parsley 1/2 tsp each (optional).

Steps:

1. Soak the masoor dal overnight drain the excess water.
2. To the dal add isabgol, water, lemon juice, salt oil mix them well.
3. Now add oregano, rosemary, parsley(optional) but it tastes good if added.
4. Add the baking soda in the end and mix well. One wonderful thing about these masoor buns there is no

rising time /no waiting time and you are good to go in a preheated oven instantly.

5. Pre heat the oven at two hundred degrees Celsius for 10 min.
6. Make small balls of the dough like burger buns and place in baking tray lined with parchment paper. With this dough you can make buns, baguette, bread.
7. Now bake the buns two hundred degree Celsius for 25 min.



Enjoy the instant red lentil buns with your loved ones with a hot cuppa tea /coffee.

Trimbakeshwar Jyotirlinga: Photography: Dr. Viral Parekh



Next issue in May 2024

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