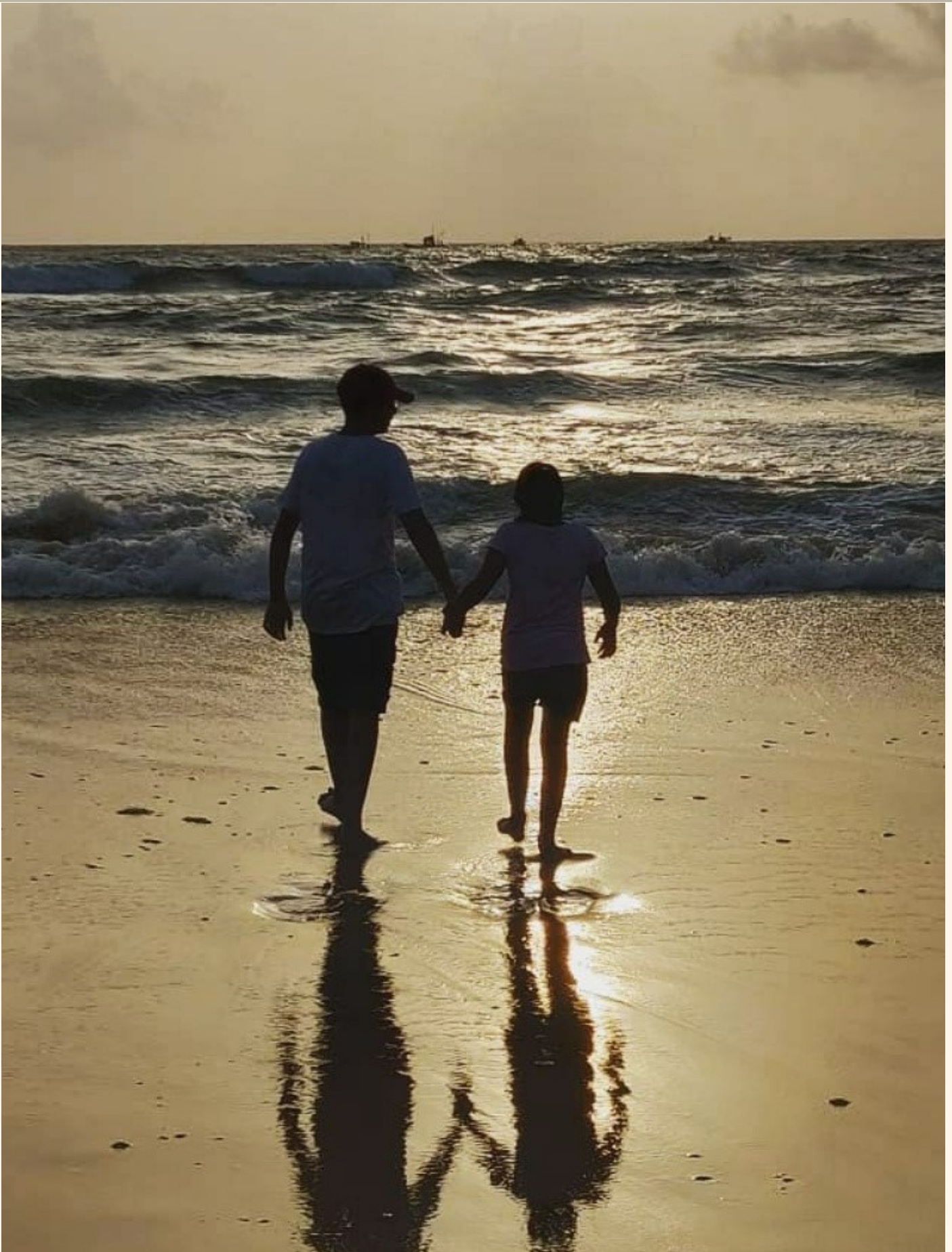


50th. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
MAY 2024, VOLUME V, ISSUE 5



Photography: Dr. Ritu Gupta

REFLECTIONS



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 5

Issue: 5

May 2024

50th. Edition

REFLECTIONS

Volume 5 Issue 5

01.05.2024

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



Dubai Desert : Photography: Dr. Viral Parekh

Inside this issue:

Radiologist's Musings	4
Music	5
Art: Paintings & Sketches	6-35
Photography	36-48
Culinary Arts	49
Cartoon	50
Poems	51
Last Page	52

Special points of interest:

- **Paintings** by Dr. Juni Menon, Dr. Sanjeev Handique, Dr. Madhuri Salwe, Dr. Rohit Malik, Dr. Sushma Marulkar & Dr. Kanchan Pathak
- **Photography** by Dr. Sushanta Bhadra, Dr. Ritu Gupta, Dr. Satyam Maiti & Viral Parekh.
- **Cartoon** by Dr. Praveen Bhatia.
- **Culinary arts** by Dr. Ritu Lokhande
- **Poems** by Dr. Rohini Patil

REFLECTIONS

Volume 5 Issue 5

01.05.2024

Reflections

An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Dr. Viral Parekh

Hello! Greetings! It brings me great happiness to announce the release of the 50th edition of Reflections. As we commemorate this milestone, I want to take a moment to express our deep gratitude. This special golden jubilee edition symbolizes the dedication, creativity, and teamwork that have blossomed beautifully over time. I extend my heartfelt thanks to all our contributors, who are the heart and soul of our publication. Your articles, photos, and artwork have not only enriched our magazine but also touched the lives of our readers. Your unique perspectives have brought depth and vibrancy, turning our magazine into a rich tapestry of knowledge and inspiration. Your unwavering commitment throughout fifty editions has been truly remarkable. It is your passion that has shaped the identity and journey of our magazine. As we celebrate this achievement, we are grateful for your invaluable contributions. Here's to the stories we have shared and those that are yet to come! We value your essential role in shaping the legacy of our magazine. Cheers to many more editions filled with your exceptional work.

Many people have a habit of saving things for the future. But have we seen the future? You never know which day might be your last! The best moment of your life is in the present, not in the future. So, cherish the moment. There is a famous song by Sahir Ludhianvi titled "Aage bhi jaane na tu, piche bhi jaane na tu, Jo bhi hai, bas yahi ek pal hai". "Carpe diem" – a phrase that has resonated through the ages, encouraging us to seize the day and embrace the present. Originating from the Roman poet Horace, this timeless advice has been a call to action, a reminder to live life to the fullest, and a source of inspiration across different cultures. In India, a country rich in history and tradition, the concept of "carpe diem" deeply aligns with the philosophy of living in the moment. The ancient texts such as the Bhagavad Gita, emphasize the importance of action without attachment to the results, which is in harmony with the essence of seizing the day.

The beauty of "carpe diem" is that it appeals to everyone. It's not just a Western idea, but a desire shared by all humans to make the most of our fleeting moments. In the busy city of Kolkata, where tradition meets modernity, "carpe diem" is seen in the daily lives of its people. Whether it's enjoying a cup of chai amidst the chaos or finding happiness in the colourful festivities, they embrace the concept.

In our complex modern lives, "carpe diem" reminds us to focus on the present, appreciate life's temporary beauty, and live with purpose and passion. It urges us to seize the day, enjoy the moment, and not rely too much on the future.

So, let's learn from Horace and incorporate "carpe diem" into our daily routines. Let's seize opportunities, find joy in simple pleasures, and live each day with enthusiasm. Ultimately, it's the moments we seize that truly define the richness of our lives in the grand tapestry of time.

This issue would not have been possible without the help of Dr. Juni Menon, Dr. Sanjeev Handique, Dr. Madhuri Salwe, Dr. Rohit Malik, Dr. Sushma Marulkar, Dr. Kanchan Pathak, Dr. Sushanta Bhadra, Dr. Ritu Gupta, Dr. Satyam Maiti, Dr. Arunava Borah, Dr. Praveen Bhatia, Dr. Ritu Lokhande & Dr. Rohini Patil. I am obliged and sincerely thank all of them.

REFLECTIONS

50th. Edition

Volume 5 Issue 5

01.05.2024

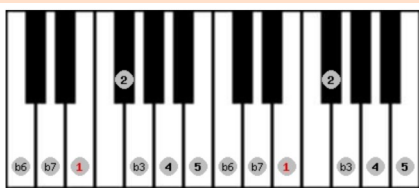
Reflections - An e-magazine showcasing the artistic talents of Medics

Music : E Minor scale



E minor scale

The E minor scale is a captivating sequence of notes that composers and musicians adore for its melancholic yet rich tonal quality. It serves as a gateway to emotional expression, forming the foundation for countless masterpieces across different genres. From classical compositions by Chopin and Beethoven to modern-day soul-stirring ballads, this scale has left an indelible mark. Its versatility is evident in heavy metal music, where it creates a powerful sonic backdrop for electrifying riffs and solos.



1	2	b3	4
E	F#	G	A
5	b6	b7	
B	C	D	

For guitarists, the E minor scale feels like a familiar home. With the standard tuning of E A D G B E, the open strings themselves contribute to the tonic chord, making it a natural choice for beginners and seasoned players alike. This scale opens up a world of possibilities, inviting musicians to delve into its depths and create soul-stirring music.

Whether you're a budding musician learning your first scales or a composer in search of the perfect sound, the E minor scale is a timeless classic that will continue to inspire and captivate listeners for generations to come. Immerse yourself in the E minor scale and let your musical journey

Art - Paintings & Sketches

Dr. Juni Menon (M.S,D.O,DNB Ophthalmology)
Arogya Medical Center, Surat, Gujarat.



Dr. Menon's passion for medicine and the arts has not only shaped her into a well-rounded individual, but it has also given her a unique perspective on life. Her dedication to her patients as an Ophthalmic Surgeon is evident in the meticulous care and precision she brings to each surgery. She understands the importance of ensuring the best possible outcomes for her patients and goes above and beyond to achieve this.

However, Dr. Menon's talents and interests extend far beyond the operating room. In her spare time, she immerses herself in the world of dance and art, using these creative outlets as a way to express herself and connect with others on a deeper level. Her performances in Bharatanatyam, Mohiniyattam, and Kuchipudi are nothing short of mesmerizing. With her grace, poise, and storytelling abilities, she captivates audiences and transports them to another world.

But Dr. Menon's artistic talents do not stop at dance. She is also a skilled fine artist, using painting and drawing as a means to express her innermost thoughts and emotions. Her works are a reflection of the beauty she sees in the world around her, capturing intricate details and evoking a sense of wonder. Whether she is working with oils, watercolors, or charcoal, her mastery of various mediums allows her to experiment and push the boundaries of her creativity, resulting in truly breathtaking works of art.

Dr. Menon's ability to excel in both the medical and artistic fields is a testament to her talent, dedication, and hard work. She is a shining example of how one can pursue multiple passions and excel in each of them. Her story serves as an inspiration to others, encouraging them to follow their dreams and never limit themselves to just one path in life. Dr. Juni Menon is a true Renaissance woman, using her talents and passions to make a difference in both the medical and artistic worlds.

Art - Paintings & Sketches

Dr. Juni Menon (M.S,D.O,DNB Ophthalmology)
Arogya Medical Center, Surat, Gujarat.



Art - Paintings & Sketches

Dr. Juni Menon (M.S,D.O,DNB Ophthalmology)
Arogya Medical Center, Surat, Gujarat.



Art - Paintings & Sketches

Dr. Juni Menon (M.S,D.O,DNB Ophthalmology)
Arogya Medical Center, Surat, Gujarat.



Art - Paintings & Sketches

Dr. Juni Menon (M.S,D.O,DNB Ophthalmology)
Arogya Medical Center, Surat, Gujarat.



Art - Paintings & Sketches

Dr. Juni Menon (M.S,D.O,DNB Ophthalmology)
Arogya Medical Center, Surat, Gujarat.



Art - Paintings & Sketches

Dr. Juni Menon (M.S,D.O,DNB Ophthalmology)
Arogya Medical Center, Surat, Gujarat.



Art - Paintings & Sketches

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



Dr. Sanjeev Handique, a Radiologist hailing from Guwahati, is not only a good friend but also a highly skilled individual. A graduate of Assam Medical College, he has showcased his proficiency in the medical field, earning the respect and admiration of his colleagues and patients alike. However, his talents go beyond the realm of medicine, revealing a multifaceted individual with a passion for the arts.

Dr. Handique exhibits an exceptional ability in painting, effortlessly bringing life to his canvases with vibrant colors and intricate details. His brushstrokes convey a depth of emotion and a keen eye for capturing the essence of his subjects. From breathtaking landscapes to captivating portraits, his paintings possess a captivating quality that draws viewers in and leaves a lasting impression.

In addition to his prowess in painting, Dr. Handique has also delved into the world of paper scale modeling, particularly focusing on crafting intricate replicas of cars. With meticulous attention to detail, he painstakingly constructs these models, ensuring that every curve and contour is accurately represented. The result is a collection of miniature masterpieces that showcase his dedication to his craft and his ability to transform simple materials into works of art.

What makes Dr. Handique's artistic accomplishments even more remarkable is the fact that he is a self-taught artist. Without any formal training, he has honed his skills through sheer determination and a relentless pursuit of excellence. This self-driven approach to his artistry is a testament to his unwavering passion and innate talent.

In this publication, we are thrilled to showcase a selection of Dr. Handique's mesmerizing artworks. Each piece is a testament to his creativity, skill, and unique perspective. From the vibrant strokes of his paintings to the intricate details of his paper scale models, his works are bound to captivate and inspire.

Art - Paintings & Sketches

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

Catching up

11x14" watercolour on Arches 300gsm paper.

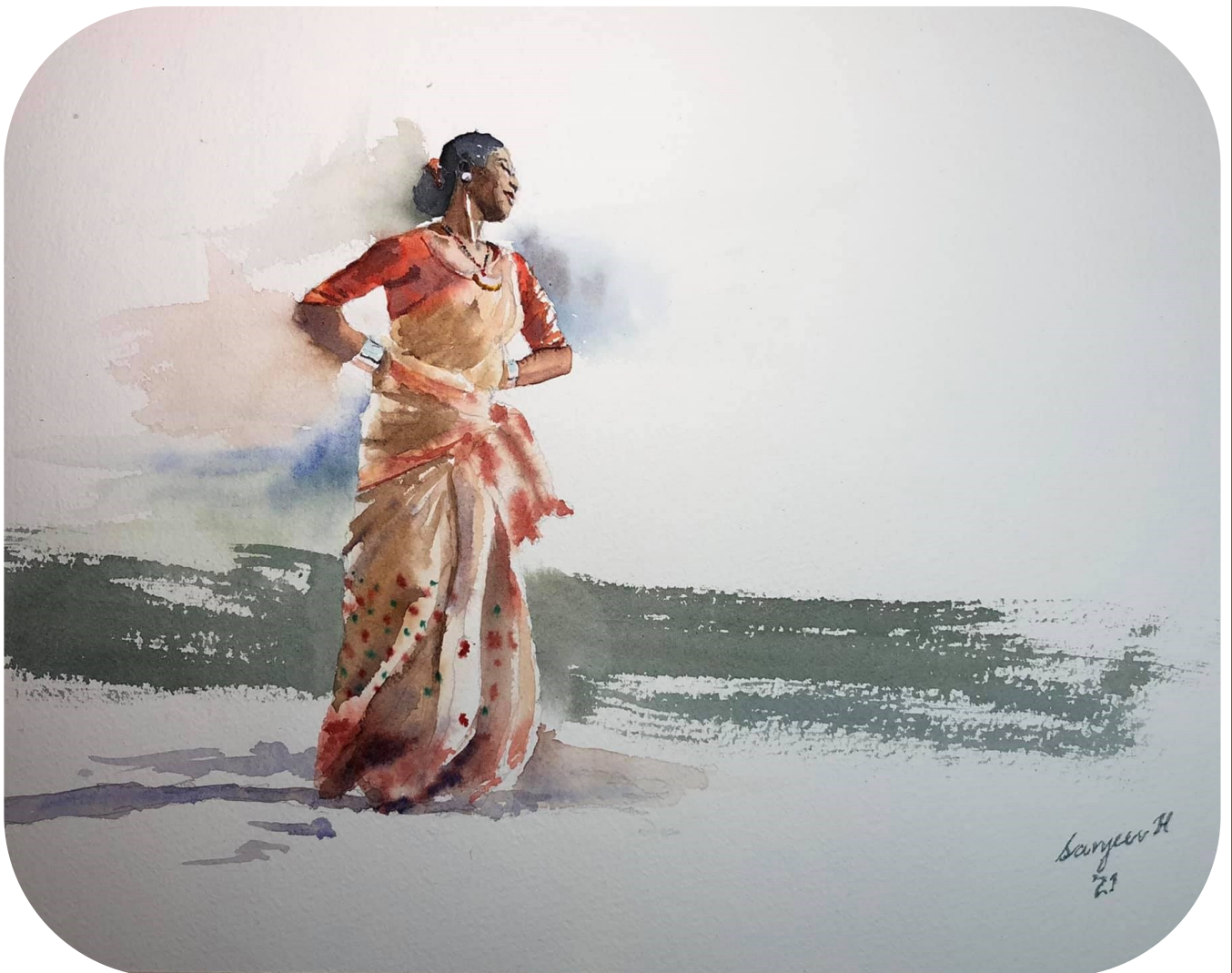


Art - Paintings & Sketches

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

Bihu Dancer

Inspired by a picture by Nilotpal Kalita @ Unsplash



Art - Paintings & Sketches

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

Bag seller

15x11" watercolour on Arches 300gsm



Art - Paintings & Sketches

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



Dr. Kanchan Pathak, an Otorhinolaryngologist by profession, is a remarkable individual who graduated from the prestigious R. G. Kar Medical College in Kolkata. What sets him apart is not only his exceptional medical expertise but also his extraordinary talent for painting. It is fascinating to note that he is not just my classmate but also one of my closest friends, and witnessing his journey as an artist has been truly inspiring.

Despite his demanding career in medicine, Dr. Pathak has managed to cultivate his passion for painting. What makes his artistic journey even more impressive is the fact that he is entirely self-taught. With sheer determination and an innate artistic flair, he has honed his skills to create breathtaking works of art.

Dr. Pathak's paintings are a testament to his creativity and imagination. Each stroke of his brush reveals his deep understanding of colours, textures, and composition. His ability to capture emotions and bring them to life on canvas is truly awe-inspiring. From vibrant landscapes to intricate portraits, his artwork showcases a diverse range of subjects, each executed with precision and finesse.

What makes Dr. Pathak's paintings even more captivating is the depth of emotion they evoke. Whether it's a serene sunset or a poignant portrayal of human struggle, his artwork has the power to transport viewers into a world of beauty and introspection. His paintings are not merely visual representations but windows into his soul, reflecting his unique perspective on life and the world around him.

I wholeheartedly recommend taking a moment to appreciate Dr. Pathak's stunning paintings. Each piece is a testament to his dedication, talent, and unwavering passion for art. Whether you are an art enthusiast or simply someone who appreciates beauty, his artwork is bound to leave you mesmerized. Prepare to be amazed by the sheer brilliance and artistic prowess of Dr. Kanchan Pathak.

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.

Morning



Art - Paintings & Sketches

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

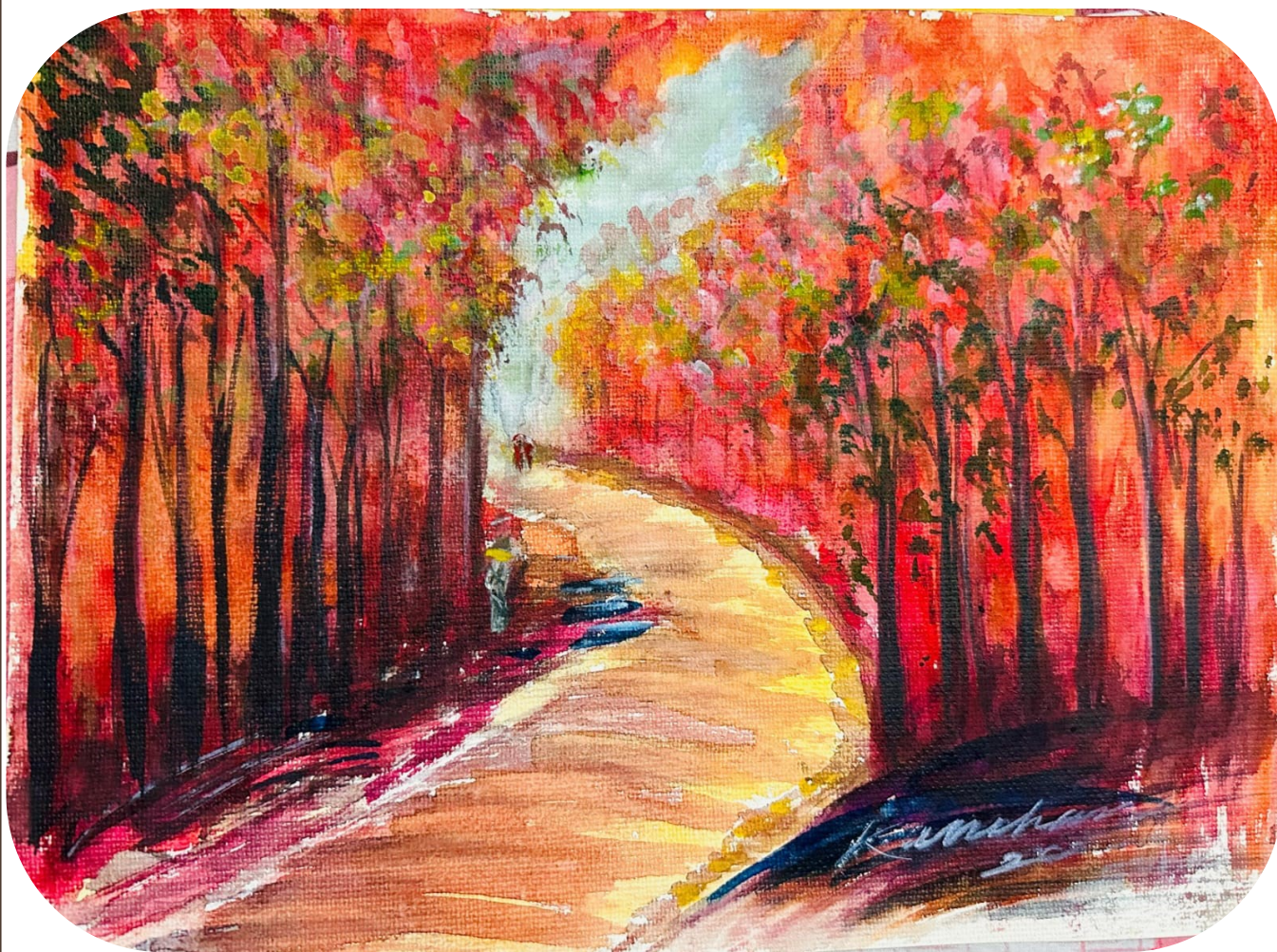
Clock



Art - Paintings & Sketches

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

Country roads take me home!



Art - Paintings & Sketches

Dr Madhuri Salwe, MBBS, DMRE.

Consultant Radiologist
Chinchwad, Pune



Dr. Madhuri Salwe, a dedicated Radiology professional, has always had a deep-rooted passion for pencil art. From a young age, she found solace and joy in the act of drawing, using pencils to bring her imagination to life on paper. Despite the demands of her studies and career, she never let go of her artistic pursuits.

Throughout her journey to become a doctor, Madhuri would often take breaks from her studies to indulge in her love for art. These breaks served as a creative outlet, allowing her to express herself and explore different techniques and styles.

As she honed her skills, her passion for art only grew stronger.

It wasn't until Madhuri completed her MBBS degree and began working at a hospital that her artistic journey truly blossomed. With a stable career and more free time, she dedicated herself to further developing her artistic abilities. In her spare moments, she would produce intricate sketches, capturing the beauty of the world around her.

As time went on, Madhuri's artistic endeavors expanded beyond pencil art. She experimented with different mediums, exploring the vibrant colors of acrylic on canvas, the delicate transparency of watercolor, and the striking contrast of white pencil on black paper. Each new medium brought its own challenges and rewards, pushing her to constantly learn and grow as an artist.

Madhuri's progress as an artist is a testament to her self-discovery, her willingness to learn from her mistakes, and her commitment to continuous improvement. She embraces each piece as an opportunity to push her boundaries, to explore new techniques, and to convey her emotions and experiences through her art.

Her artwork is a reflection of her passion, dedication, and unique perspective as a Radiology professional. Through her drawings and paintings, she captures the beauty of the human form, the intricacies of nature, and the emotions that lie within. Her attention to detail, her ability to capture light and shadow, and her keen eye for composition make her artwork truly captivating.

Whether it's a portrait, a landscape, or an abstract piece, Madhuri's art speaks to the viewer on a deep and personal level. It evokes emotions, tells stories, and invites contemplation. Her artwork is a testament to the power of creativity and the importance of pursuing one's passions, no matter the demands of life.

I am confident that you will appreciate and be inspired by Dr. Madhuri Salwe's artwork. Her dedication, talent, and unique perspective shine through in every piece she creates.

Art - Paintings & Sketches

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



Art - Paintings & Sketches

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



Art - Paintings & Sketches

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



Art - Paintings & Sketches

Dr. Rohit Malik, DNB, DMRD (Mum)DMRE

Consultant Radiologist

A.R. Medical Centre, Borivali, Mumbai



Dr. Rohit Malik is a highly skilled and experienced Radiologist who has been dedicated to providing top-quality medical care to his patients for over 15 years. His expertise in Advanced Foetal Medicine & Interventional USG & Colour Doppler has earned him a reputation as a leading specialist in his field.

In addition to his private practice at A.R. Medical Centre, Mumbai; Dr. Malik also contributes his knowledge and skills as a part-time Honorary Consultant Foetal Medicine & Interventional Radiologist at Wockhardt Hospital in North Mumbai. His commitment to his patients' well-being and his passion for his work are evident in the exceptional care he provides.

Dr. Malik's journey to becoming a Radiologist began at KEM hospital & Seth G. S. Medical College in Mumbai, where he completed his medical education. Since then, he has continued to expand his knowledge and skills through ongoing education and training, staying at the forefront of advancements in his field.

Outside of his medical career, Dr. Malik leads an active and fulfilling life. He is a fitness enthusiast who enjoys cycling, swimming, and trekking, staying physically active to maintain his own health and well-being. He also has a creative side, with a passion for painting that he indulges in his free time. Despite considering himself a novice in the art world, Dr. Malik finds equal enjoyment in both art and Radiology, finding balance and fulfillment in pursuing both of his passions.

Dr. Malik's dedication to his patients, his commitment to excellence in his field, and his well-rounded interests and hobbies make him a truly exceptional and inspiring individual. His achievements, such as winning a Bronze medal at Cyclothon by the Association of Medical Consultants of Mumbai organization, are a testament to his hard work, talent, and dedication to everything he pursues.

Art - Paintings & Sketches

Dr. Rohit Malik, DNB, DMRD (Mum)DMRE
Consultant Radiologist
A.R. Medical Centre, Borivali, Mumbai

Knife acrylic art



Art - Paintings & Sketches

Dr. Rohit Malik, DNB, DMRD (Mum)DMRE

Consultant Radiologist

A.R. Medical Centre, Borivali, Mumbai

Mandala Art



Art - Paintings & Sketches

Dr. Rohit Malik, DNB, DMRD (Mum)DMRE

Consultant Radiologist
A.R. Medical Centre, Borivali, Mumbai

Yin & Yang: Mandala Art



Art - Paintings & Sketches

Dr. Rohit Malik, DNB, DMRD (Mum)DMRE

Consultant Radiologist
A.R. Medical Centre, Borivali, Mumbai

Oil paint: Fluid art on Canvas



Art - Paintings & Sketches

Dr. Rohit Malik, DNB, DMRD (Mum)DMRE

Consultant Radiologist
A.R. Medical Centre, Borivali, Mumbai



Art - Paintings & Sketches

Dr. Rohit Malik, DNB, DMRD (Mum)DMRE

Consultant Radiologist
A.R. Medical Centre, Borivali, Mumbai

Acrylic Colour fluid art on canvas

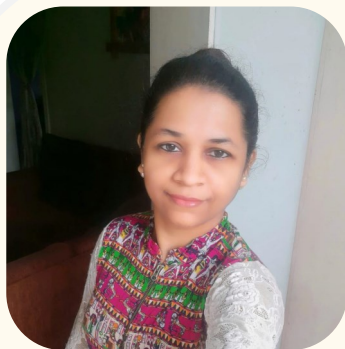


50th. Edition

Art - Paintings & Sketches

Dr. Sushama Marulkar, MBBS, DMRE

Radiologist , Shubham Diagnostic Centre,
Satara. Maharashtra.



Dr. Sushama Marulkar, a Radiologist, completed her MBBS degree from MGM Medical College in Navi Mumbai. She then pursued her DMRE from Kolhapur. Alongside her husband, who is also a Radiologist, they manage their own diagnostic center, Shubham Diagnostic Centre in Satara, Maharashtra. During her school days, Dr. Marulkar excelled in elementary and intermediate drawing exams and had dreams of pursuing a career in photography or fashion designing. Throughout her MBBS journey, she showcased her artistic talent by winning art-related and rangoli competitions.

Outside of her medical practice, Dr. Marulkar's artistic pursuits have allowed her to tap into her creative side and explore a different aspect of her personality. Her love for creating satin flowers has become a true passion, as she spends countless hours perfecting her craft and experimenting with different techniques. The intricate details and vibrant colors of her creations have captivated her followers on social media, who eagerly await her next tutorial or finished piece.

Dr. Marulkar's journey serves as an inspiration to others who may feel torn between their professional and creative aspirations. She proves that it is possible to pursue multiple passions and excel in various fields, as long as one is willing to put in the time and effort. Her ability to find joy and fulfillment in both medicine and art is a reminder that life is about more than just one's career, and that pursuing one's passions can lead to a well-rounded and fulfilling life.

As Dr. Marulkar continues to grow and evolve in her medical career and artistic pursuits, she remains a shining example of what can be achieved through dedication, hard work, and a willingness to explore different facets of one's personality. Her ability to successfully balance her multiple passions serves as a reminder that it is never too late to pursue one's creative interests and that one's professional career does not have to define their entire identity. Dr. Marulkar's story is a testament to the power of following one's passions and embracing all aspects of oneself.

Art - Paintings & Sketches

Dr. Sushama Marulkar, MBBS, DMRE

Radiologist, Shubham Diagnostic Centre,
Satara, Maharashtra.

Pencil sketch



Art - Paintings & Sketches

Dr. Sushama Marulkar, MBBS, DMRE

Radiologist, Shubham Diagnostic Centre,
Satara. Maharashtra.

Acrylic Painting



Photography

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



Dr. Satyam Kumar Maiti, a skilled Ophthalmologist and a former student of R. G. Kar Medical College in Kolkata, not only excels in his profession but also possesses a deep passion for photography and bird watching. With his camera in hand, he explores the world, capturing awe-inspiring moments. As one of my classmates and a dear friend, we often compare him to the modern-day Salim Ali, the renowned Ornithologist.

Dr. Maiti's love for painting knows no bounds as he explores various styles and techniques, from abstract to impressionism. His artwork often reflects his deep connection with nature, with vibrant landscapes and intricate details of flora and fauna.

Dr. Maiti had a strong inclination towards music also and he is a versatile singer. He learned classical music from an Ustad who happened to be his mother's teacher. His dedication led him to graduate in music and achieve the prestigious mark of sangeet Prabhakar.

Despite his numerous accomplishments and talents, Dr. Maiti remains humble and down-to-earth. He is known for his kind and compassionate nature, always willing to lend a helping hand to those in need. His patients often praise him for his expertise and gentle demeanor, making him a highly sought-after ophthalmologist in his community.

Dr. Maiti's multifaceted personality and unwavering dedication to his passions make him a truly remarkable individual. Whether he is saving sight through his medical expertise, capturing breathtaking moments through his photography, or creating mesmerizing artwork, he continues to inspire those around him with his talent, creativity, and zest for life.

Photography

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

Green tailed Sunbird



© Satyam Kumar Maiti

Satyam Kumar Maiti

Photography

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

Beautiful Sibia



Dr. Satyam Kumar Maiti

Photography

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

Fire tailed Sunbird



Dr. Satyam Kumar Maiti

Photography

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

Green tailed Sunbird



© Satyam Kumar Maiti

© Satyam Kumar Maiti

Photography

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

Blood Pheasant



Satyam Kumar Maiti

Satyam Kumar Maiti

Photography

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

Blyth's Tragopan



© Satyam Kumar Maiti

© Satyam Kumar Maiti

Glamour Photography

Mr. Sushanta Bhadra,

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



Sushanta's dedication to his medical profession is evident in his tireless efforts to provide the best care for his patients. He is known for his compassionate bedside manner and his ability to connect with people on a deeper level. His colleagues often seek his advice and guidance, as he is always willing to lend a helping hand.

In addition to his medical career, Sushanta's passion for photography is a testament to his multifaceted nature. His photographs capture the essence of the world around him, showcasing his unique perspective and artistic vision. Whether it's a breathtaking landscape or a candid portrait, Sushanta's photographs have the power to evoke emotions and tell stories.

Despite his busy schedule, Sushanta actively participates in photography exhibitions and competitions, where his work has received recognition and praise. His photographs have been featured in various publications and online platforms, further establishing his presence in the photography community.

Sushanta's commitment to his craft extends beyond capturing beautiful images. He also uses his photography as a means to raise awareness about social issues and promote positive change.

Beyond his professional and artistic pursuits, Sushanta is a kind and genuine person. He is always there for his friends and classmates, offering support and encouragement. His positive attitude and infectious enthusiasm make him a joy to be around, and he has a knack for bringing people together.

As Sushanta continues to excel in his medical career and pursue his passion for photography, there is no doubt that he will leave a lasting impact on both fields. His unwavering dedication, creativity, and ability to connect with others set him apart as an exceptional individual. I am grateful to have Sushanta as a classmate and close friend, and I am excited to see where his journey takes him next.

Glamour Photography

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, PCN



Glamour Photography

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, PCN



Glamour Photography

Mr. Sushanta Bhadra,

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



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.

To make these delicious homemade sweetcorn waffles and appe, you'll need the following ingredients: 1 cup of semolina (suji), 1 cup of parboiled sweetcorn, 1/2 cup of grated carrot, chopped coriander, 1/2 cup of mozzarella cheese, 1 cup of lassi, 1/4 cup of besan or gram flour, 1/2 tsp of baking soda, and a variety of spices like salt, red chilli powder, Dhaniya powder, haldi powder, jeera powder, and garam masala.

Start by mixing suji, besan, lassi, and grated carrot in a bowl until well combined. Then, add the spices like lalmirch powder, Jira powder, salt, haldi powder, pinch of Hing, and Dhaniya powder. Coarsely grind the sweetcorn and add it to the mixture along with chopped coriander leaves and mozzarella cheese. Finally, add half a teaspoon of baking soda to the batter, and it's ready for the

waffle maker.

Preheat the waffle maker and lightly brush it with oil. Pour the batter onto the waffle maker and let it cook for about 3 to 4 minutes. Once cooked, serve these tasty waffles with green and imli chutney, and enjoy them with a hot cup of tea. It's the perfect tea time snack that's

both healthy and delicious.



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.

BABA RAMDEV OFFERS APOLOGY TO SUPREME COURT WITH FOLDED HANDS



COURT NAMASKAR
COURT NAMASKAR

Literature: Poems



Dr. Rohini Patil,
MBBS, DGO
Gynaecologist,
Nallasopara, Vasai,
Maharashtra.

Dr. Rohini Charudatta Patil is a professional Gynaecologist who completed her MBBS and DGO from GMC Miraj. She began her practice at Abhinav maternity nursing home in Nallasopara, Vasai, Palghar a dozen years ago. Additionally, she was a columnist for "Tanaat Manaat" in Dainik Herald newspaper, Goa for a span of 2 years. Dr. Patil has also successfully completed 5 exams from Gandharva Vidyalyaya in Kathak Nritya. Currently, she is on the verge of publishing a booklet of four liners and has graciously shared two of her poems with us.

TAI CHI

An ancient story goes
How old no one knows
A martial arts master
Was a hard core teacher

Would teach his own disciple
Tricks which seemed so simple

He placed a live bird
Onto his palm top
And all the bird would want
Was to hop hop n hop

With the birdie's every blow
His palm would go low
To the apprentice's surprise
It made the avian slow

And then he did infer
My dear little junior
Allow the chick to rock
But ya absorb every shock

And so shall you in course
As a part of this discourse
Absorb ya opponents' vigour
And thus ya go stronger

TAKE A BREAK

Your daily chores done...
Routine work was fun...
School and study well run...
Now its only your turn...
All ya need to do..
Say that" Server's down"

You had a tiring night
Morning was all tight
Your neck groans
And body moans....
Just put your foot down
Say that"Server's down"

Heavy periods heavy job
Not a sec to think
Not a sec to yawn
Working away from dusk to dawn...
Take a pillow
Pull over a sheet
Brace and slow down
Say that "Server's down"

Even banks dont work
The entire IT is shut
Whole market goes slow
And noone's allowed to flow
So its quite normal
To take a chill pill
To halt for a refill
Keep all tasks stand still

If ya feeling quite low and down
Declare....
That The Server's Down

Dubai: Photography: Dr. Viral Parekh



Next issue in June 2024

I am excited to publish the fiftieth issue of Reflections. The next issue is scheduled for publication in June 2024. I would like to extend a warm invitation to all medical professionals who are involved in extra-curricular activities to share their work with me. If your submission meets our quality standards, it will have the opportunity to be published in our magazine.

I kindly request all of you to contribute to this exciting project by sending your materials in Word format, accompanied by high-quality images. Additionally, please include a photograph of yourself and details about your place of work, along with your email address. To ensure that your submission is considered for the upcoming issue, please make sure it reaches us no later than May 15th, 2024.

Your opinion matters! I would love to hear your thoughts on Reflections. What do you think about the publication? How do you believe it can be improved? Whether you have positive feedback or constructive criticism, I encourage you to share your thoughts with me. If you send in your feedback, I will make sure to include it in the next edition of Reflections. Please feel free to reach out to me at reflections2020@hotmail.com. Thank you for your support, and I look forward to hearing from you soon.