

51st. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
JUNE 2024, VOLUME V, ISSUE 6



AI generated image

REFLECTIONS



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 5

Issue: 6

June 2024

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01.06.2024

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- **Paintings** by Dr. Sanjeev Handique & Dr. Rajesh Botchu
- **Photography** by Dr. Sushanta Bhadra, Dr. Tuhin Bhattacharya & Viral Parekh.
- **Travelogue** by Dr. Bharat Parekh
- **Cartoon** by Dr. Praveen Bhatia.
- **Culinary arts** by Dr. Ritu Lokhande
- **Poems** by Dr. Neha Nischol & Dr. Rohini Patil

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Reflections

An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Dr. Viral Parekh

Hi! Namaskar, I'm thrilled to bring out the 51st edition of Reflections.

Have you ever wondered why society tends to be scared of highly successful people? It's a curious thing, isn't it? Throughout history, it seems like people have always taken pleasure in bringing others down. As Dr. Dre once wisely said, "No matter how hard you work to bring yourself up, there's someone out there working just as hard to put you down."

One reason for this phenomenon could be cultural or societal norms. In certain cultures, there might be a belief that success should be downplayed or that openly celebrating achievements is inappropriate. As a result, individuals may feel compelled to undermine the success of others in order to conform to these cultural expectations.

Another factor that contributes to the tendency to undermine success is personal insecurities or feelings of inadequacy. When someone feels threatened by the success of others, they may resort to undermining them as a way to protect their own self-esteem.

Fear of failure or inadequacy can also play a role in this behaviour. As Ziad K. Abdelnour once wisely said, "Remember, whoever is trying to bring you down is already below you." Seeing others succeed can remind individuals of their own perceived shortcomings, leading them to undermine the achievements of others in order to protect their own self-image.

Jealousy is yet another powerful motivator. When individuals witness others succeed in areas they desire, it can trigger feelings of envy. Unfortunately, some people may choose to undermine the confidence and happiness of those who possess what they themselves desire, rather than engaging in constructive dialogue or healthy competition.

In debates or discussions, close-minded individuals may choose to belittle others instead of having a constructive conversation. It's important to realize that these actions often stem from personal insecurities or unresolved issues, and responding with understanding can create a more positive and supportive environment.

However, there are individuals who are resilient and fight back, rising above the negativity. As Denzel Washington wisely said, "You can't break me because you didn't make me."

It's fascinating to explore the reasons behind this societal phenomenon, isn't it? Let's hope that as we continue to grow and evolve, we can create a world where success is celebrated and supported, rather than undermined.

I would like to express my gratitude to Dr. Bharat Parekh, Dr. Sanjeev Handique, Dr. Sushanta Bhadra, Dr. Tuhin Bhattacharya, Dr. Rajesh Botchu, Dr. Neha Nischol, Dr. Praveen Bhatia, Dr. Ritu Lokhande, and Dr. Rohini Patil for their invaluable assistance in addressing this issue. I am truly thankful to all of them.

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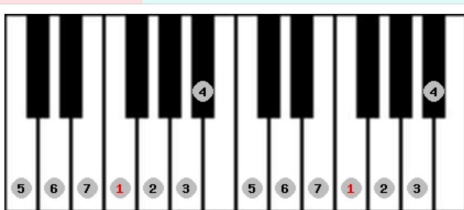
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Music : E Minor scale



F major scale



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

The F Major Scale is a diatonic scale, meaning it consists of seven different notes before repeating at the octave. The pattern of whole and half steps in the F Major Scale is as follows: whole step, whole step, half step, whole step, whole step, whole step, half step. This pattern creates a unique sound and tonality that is characteristic of the F Major key.

The notes in the F Major Scale are F, G, A, Bb, C, D, and E. When played in ascending order, the scale has a bright and uplifting quality, making it a popular choice for compositions in a major key. The F Major Scale is commonly used in a variety of musical genres, from classical to pop to jazz.

Understanding and practicing the F Major Scale is essential for musicians, as it provides a foundation for playing in the key of F Major and helps develop a sense of tonality and musicality. By mastering the F Major Scale, musicians can improve their technique, ear training, and overall musical proficiency.

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



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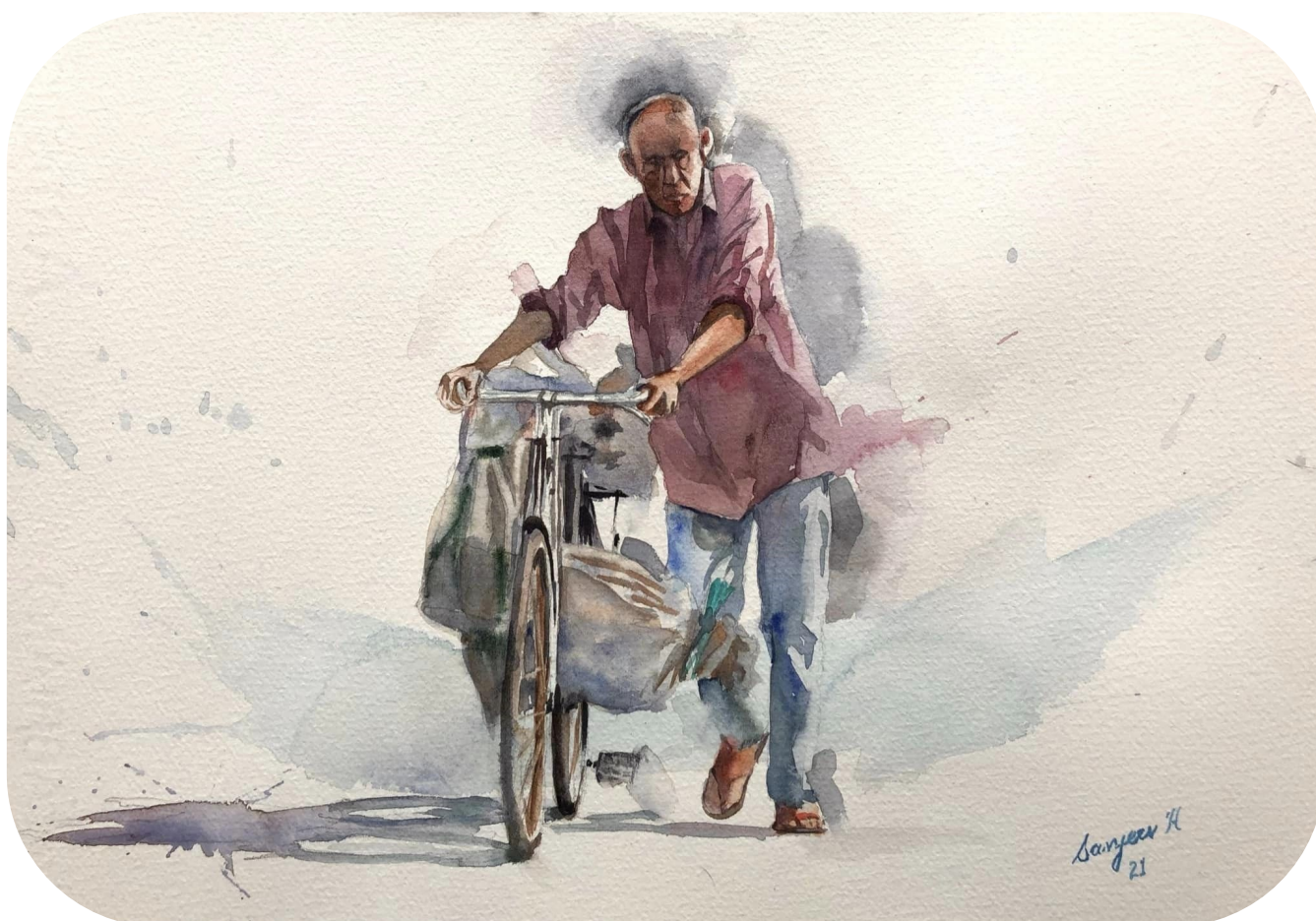
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Dr. Sanjeev Handique, MBBS, MD
Director Radiology & Imaging GNRC Sixmile Hospital,
Guwahati, Assam



Art - Paintings & Sketches**Dr Rajesh Botchu**

Department of Musculoskeletal Radiology, The Royal Orthopedic Hospital,
Bristol Road SouthNorthfield, Birmingham, UK
Email – drbrajesh@yahoo.com



Dr. Rajesh Botchu has an impressive educational background, having completed his MBBS and MS (Ortho) at Kurnool Medical College. He further pursued MRCSEd (Edinburgh) and MRCSI (Ireland) before undergoing his Radiology training in Leicester. Additionally, Dr. Botchu completed MSK subspeciality training in Leicester, ROH Birmingham, NOC Oxford, and CIM Geneva.

With 327 publications to his credit, he is undoubtedly a remarkable academician. In the first 5 months of 2024 alone, he has already published 39 papers, which is truly astonishing.

During his leisure time, Dr. Botchu indulges in various hobbies. He enjoys painting with acrylics, writing poems, and listening to old Bollywood music. Cooking is another passion of his, particularly when it comes to preparing delicious dishes like chicken biryani, chicken curry, and prawn curry.

Displayed here are some of Dr. Botchu's original paintings, while others were inspired by YouTube tutorials. I'm certain you will appreciate the diverse collection of artwork he has created.

Overall, Dr. Botchu's multifaceted interests and talents make him a truly remarkable individual. Whether he is delving into the world of art, poetry, music, or medicine, his passion and creativity shine through in everything he does.

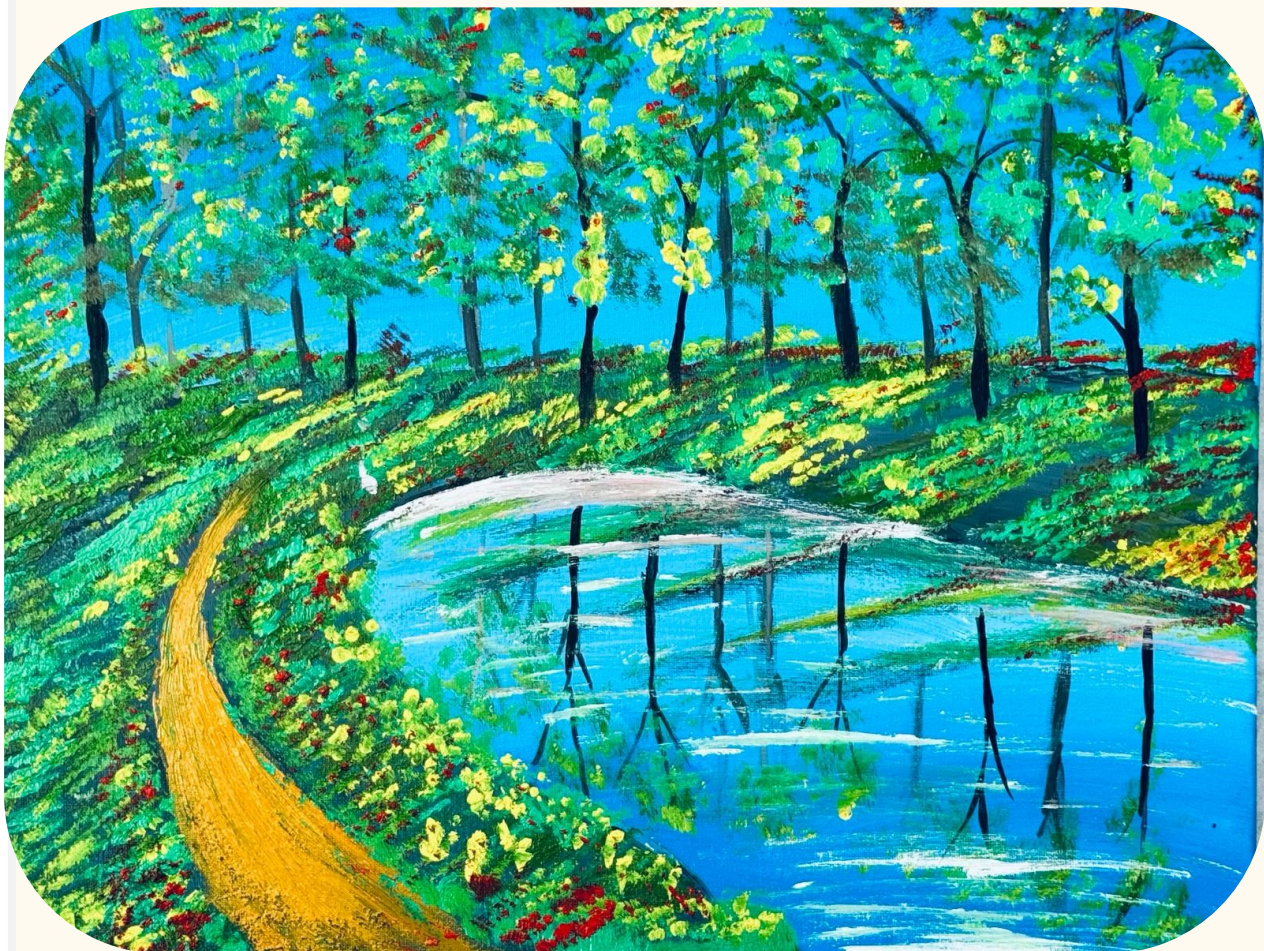
Art - Paintings & Sketches

Dr Rajesh Botchu

Department of Musculoskeletal Radiology, The Royal Orthopedic Hospital,
Bristol Road SouthNorthfield, Birmingham, UK

Email – drbrajesh@yahoo.com

There is always a path to destination



Art - Paintings & Sketches

Dr Rajesh Botchu

Department of Musculoskeletal Radiology, The Royal Orthopedic Hospital,
Bristol Road SouthNorthfield, Birmingham, UK

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Enjoy beauty and happiness around you



Travelogue

Dr. Bharat Parekh

MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre



Dr. Bharat Parekh's expertise in the field of Radiology is widely recognized, and his contributions to the Indian College of Radiology & Imaging have been invaluable.

He has previously served as the Chairman of the Indian College of Radiology & Imaging and was honoured as the inaugural recipient of the "Prof S K Basu Roy Choudhary" oration in West Bengal.

His dedication to advancing the field through education and collaboration is evident in the successful coordination of various conferences and CMEs. Under Dr. Parekh's mentorship, I have successfully coordinated numerous Radiology conferences and CMEs in Kolkata.

In addition to his professional achievements, Dr. Parekh's passion for social work, music, and travel highlights his well-rounded personality. His interest in exploring new destinations, such as Silk route, showcases his adventurous spirit and curiosity about different cultures. Check out his travel diary on Uzbekistan - it's a fascinating read!



Travelogue**Dr. Bharat Parekh****MBBS, MD****Consultant Radiologist****Sir H N Reliance Foundation Hospital & Research Centre****Uzbekistan - a 'Gem' on the 'Silk Route'.**

The 'Silk Route' was a network of ancient trade routes which connected Europe with China, spanning from the Mediterranean Sea to the present Korean Peninsula and Japan. The 'Silk Route' started about the time of the Han dynasty, when Emperor Wu was ruling and spanned across from eastern end in present-day China, and main western end in Antioch. Major cities of Middle East and West Asia, roughly from west to east in each modern-day countries enroute were Turkey, Azerbaijan, Georgia, Armenia, Lebanon, Syria, Iraq and Iran, broadly from the eastern Mediterranean to South Asia, and the countries in Central Asia viz; Turkmenistan, Uzbekistan, Tajikistan and Almaty.

My wife Kanan & I were planning to go explore few of these cities on the 'Silk Route' for past 2 years but somehow the trips had to be cancelled for one reason or the other. However the craze to do it at some point was always alive in our hearts. And yes, thanks to our travel organiser 'Savanna Travel' (contact details below) who designed the itinerary as per our needs and promptly concluded all visas, logistics and travel arrangement for a total of 15days visit combining Uzbekistan (9days) with Baku (capital city of Azerbaijan, 6 days). Thankfully there are now direct flights on some days of the week to Tashkent, Capital of Uzbekistan, a city well known to Indians as our revered Prime Minister Shree Lal Bahadur Shastri breathed his last there.

The 4 hour Uzbek Air flight from Mumbai to Tashkent was comfortable. As we landed on a warm mid afternoon, the car and driver cum guide received us and drove us to our hotel. After resting for an hour or so we started the city tour of Tashkent. I am happy to share details and photos of some of the important stops and land marks worth visiting for those of our readers who would wish to embark on this tour.

It is important to remember that the cities- 'Pearls of the Silk Route' in Uzbekistan are Tashkent, Khiva, Urgench, Bukhara and Samarkand. These cities as they prospered and became wealthier were invaded, ravaged and rebuilt by Persians, Alexander the Great, Kushan Kings from India, Turks, Mongols like Genghis Khan (and his descendants Taimur, Humayun, Babur), Huns from China, Sassanids and Arabs. The last few years before their independence. Uzbekistan was a part of Soviet Union.

I will begin this travelogue with the description of Tashkent and later every month share details of the next city we visited. Hope you enjoy reading through my travelogue.

Travelogue

Dr. Bharat Parekh

MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre

Historical and Cultural Sites

- **Khast Imam Complex:** This religious center is the heart of old Tashkent and includes the Barak-Khan Madrasah, the Tillya Sheikh Mosque, the Saint Abu Bakr Kaffal Shashi Mausoleum, and the Muiy Muborak Library, which houses the famous Quran of Caliph Uthman. The Quran of Caliph Uthman is one of the oldest in the world. The architecture is a stunning example of Islamic design.
- **Chorsu Bazaar:** One of the largest and oldest markets in Central Asia, located in the old town. Experience the vibrant atmosphere, diverse range of goods, local spices, fruits, vegetables, and traditional crafts.
- **Amir Timur Museum:** Dedicated to the Mongol warlord Timur (Tamerlane), the museum features exhibits related to his reign and legacy. The striking blue-domed building and a large collection of artifacts from the Timurid era.
- **Independence Square (Mustaqillik Maydoni):** The central square of Tashkent, symbolizing the independence of Uzbekistan. The Independence Monument, the Eternal Flame, and the Senate building.

Modern Attractions

- **Tashkent Tower:** The tallest structure in Central Asia at 375 meters, offering panoramic views of the city. Observation deck and revolving restaurant with views over Tashkent.
- **Navoi Opera and Ballet Theatre:** Named after Alisher Navoi, this grand theater is an architectural marvel and a hub for cultural performances. Catch a performance of ballet or opera in a beautiful setting.
- **Lal Bahadur Shastri Memorial**



Travelogue

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Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre

Parks and Green Spaces

- **Alisher Navoi National Park:** A large, tranquil park ideal for relaxation and walks. Lakes, boat rides, and the beautifully landscaped gardens.
- **Botanical Garden:** One of the oldest and largest botanical gardens in Central Asia. Diverse plant collections, themed gardens, and serene walking paths.

Museums and Galleries

- **State Museum of History of Uzbekistan:** The largest museum in Uzbekistan, chronicling the history of the region from ancient times to the present. Artifacts from different eras, including archaeological finds, ethnographic items, and historical documents.
- **Fine Arts Museum of Uzbekistan:** Showcases a wide range of Uzbek art, from ancient artifacts to contemporary works. Rich collection of paintings, sculptures, and applied arts.

Religious Sites

- **Dzhuma Mosque:** A historic mosque located in the old town area. Traditional Islamic architecture and a peaceful courtyard.
- **Minor Mosque:** A newer mosque, known for its elegant white marble design. Modern architectural beauty and serene ambiance, especially stunning at night.

Unique Experiences

- **Tashkent Metro:** Not just a mode of transportation but an attraction in itself, with stations that are architectural masterpieces. Each station has a unique design, featuring mosaics, chandeliers, and intricate decorations.
- **Plov Center (Central Asian Plov Center):** A must-visit to taste the traditional Uzbek dish, plov. Watch the preparation of plov in massive cauldrons and enjoy this delicious meal.



Muhi Mubarak Library

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Khast Imom Mosque



Barak Khan Madrassa



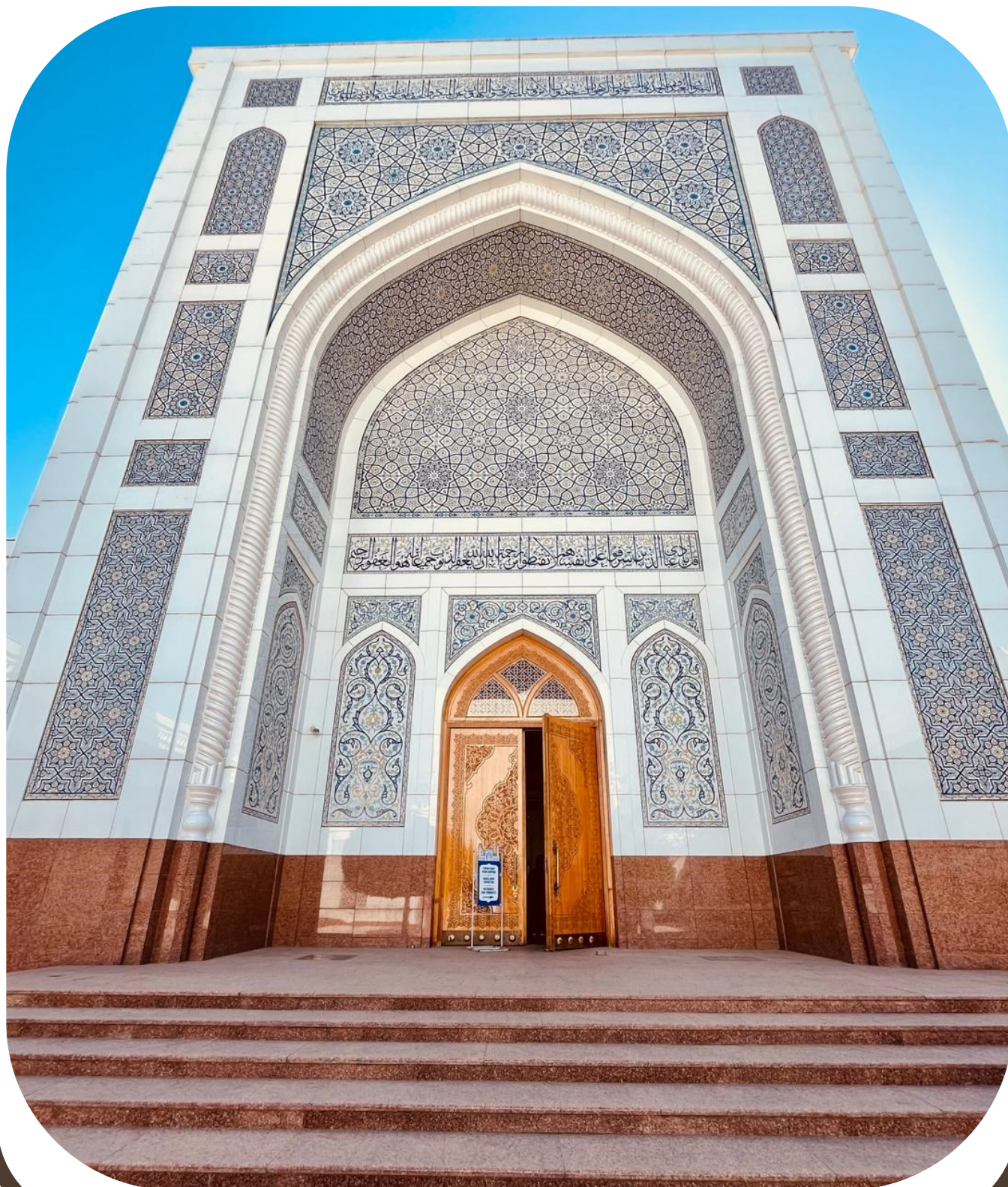
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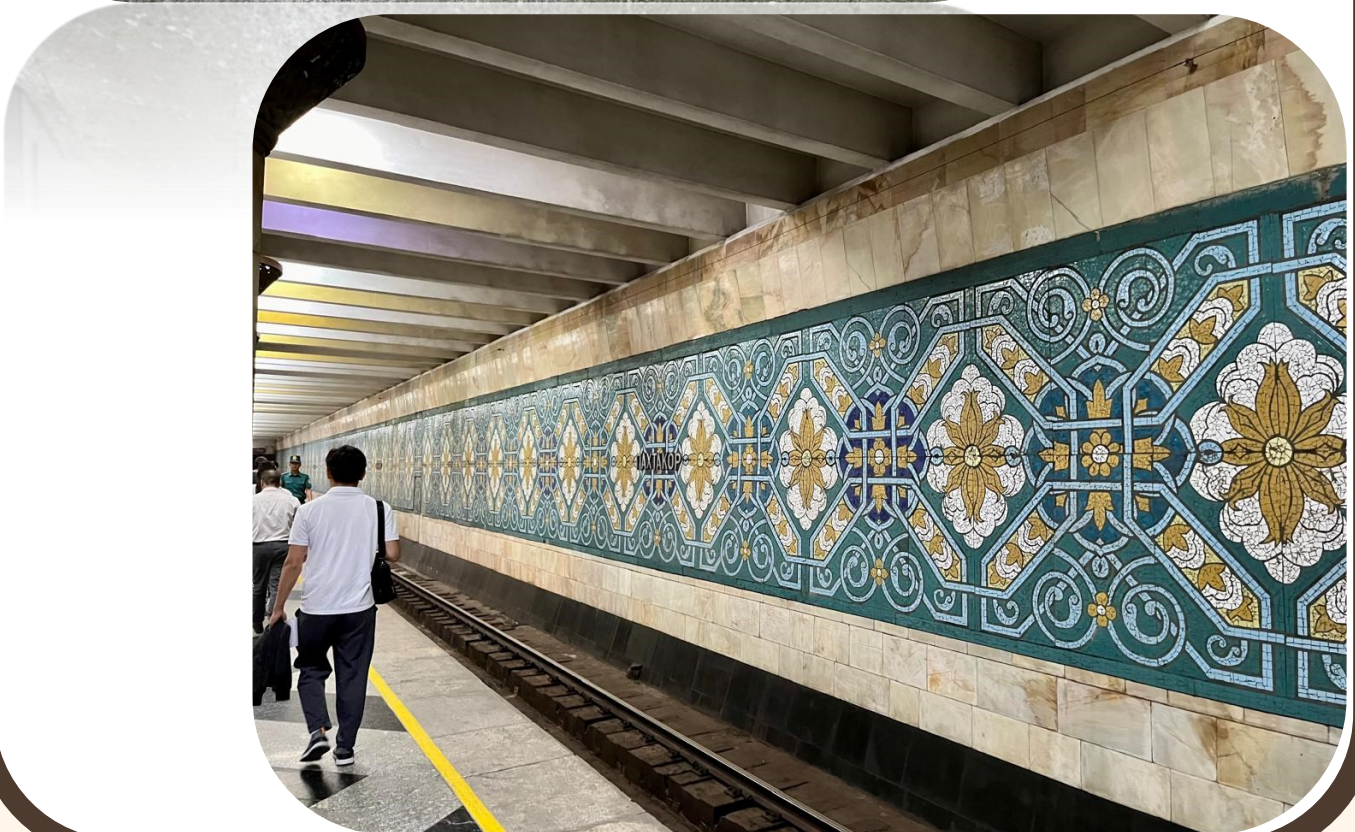
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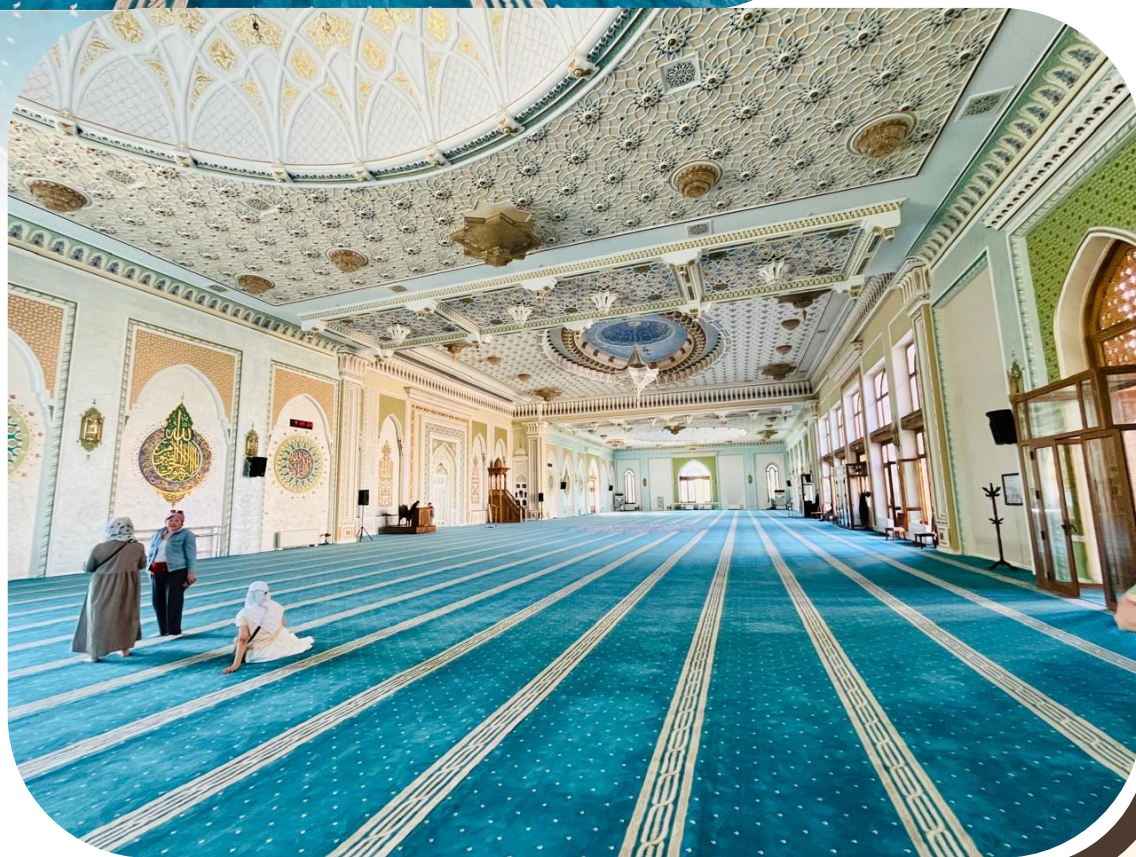
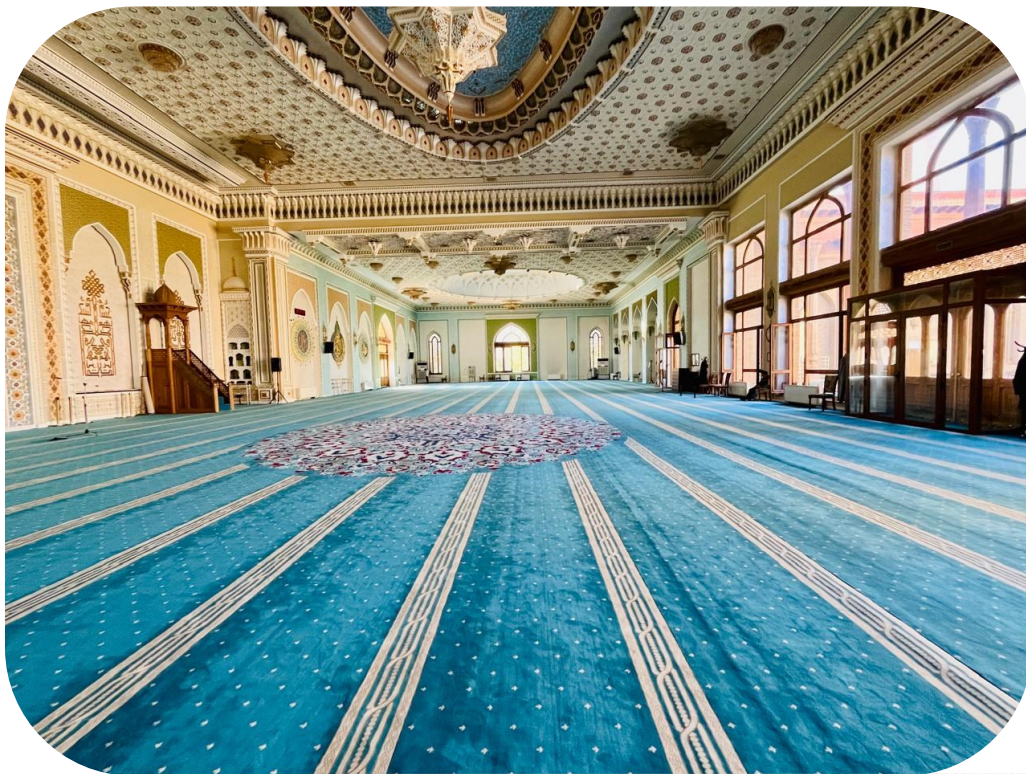
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Glamour Photography

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



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North Bexley PCN, United Kingdom, PCN





Dr. Tuhin Bhattacharya, a dear friend of mine, is also my classmate. He is a Pathologist by profession and currently holds the position of Chief Pathologist & CEO at Lifecare medical foundation blood centre in Kolkata. Recently, Dr. Bhattacharya embarked on an extraordinary journey that took him to the enchanting town of Lisse, Netherlands. It was here that he stumbled upon a hidden gem - the largest flower garden in the world. As he wandered through the vast expanse of this botanical wonderland, he was left awe-struck by the breathtaking beauty that surrounded him.

The main attraction of this mesmerizing garden was undoubtedly the vibrant Tulips. Dr. Bhattacharya, armed with his trusty camera, captured the essence of these stunning flowers in a series of photographs that are nothing short of captivating. Each image showcases the intricate details of the Tulips, from their vibrant hues to their delicate petals, creating a visual feast for the eyes.



Floral Photography

Dr. Tuhin Bhattacharya,
MBBS, MD

Chief Pathologist & CEO

Lifecare medical foundation blood centre, Kolkata.

Tulips have their origins in Central Asia and were first cultivated in Iran (Persia) as early as the 10th Century. By the 16th Century, they were being grown in the Ottoman Empire. The name "Tulip" comes from the Persian word "Tulipan," which means Turban. Keukenhof, also known as the garden of Europe, is one of the world's largest flower gardens located in the municipality of Lisse, Netherlands. Covering an area of 32 hectares, approximately 7 million flower bulbs are planted in the garden annually. It was opened in 1950 and is owned by Stichting Graaf Carel Van Lynden. The garden attracts around 2,500,000 visitors each year and is open from 18th March to 10th May.

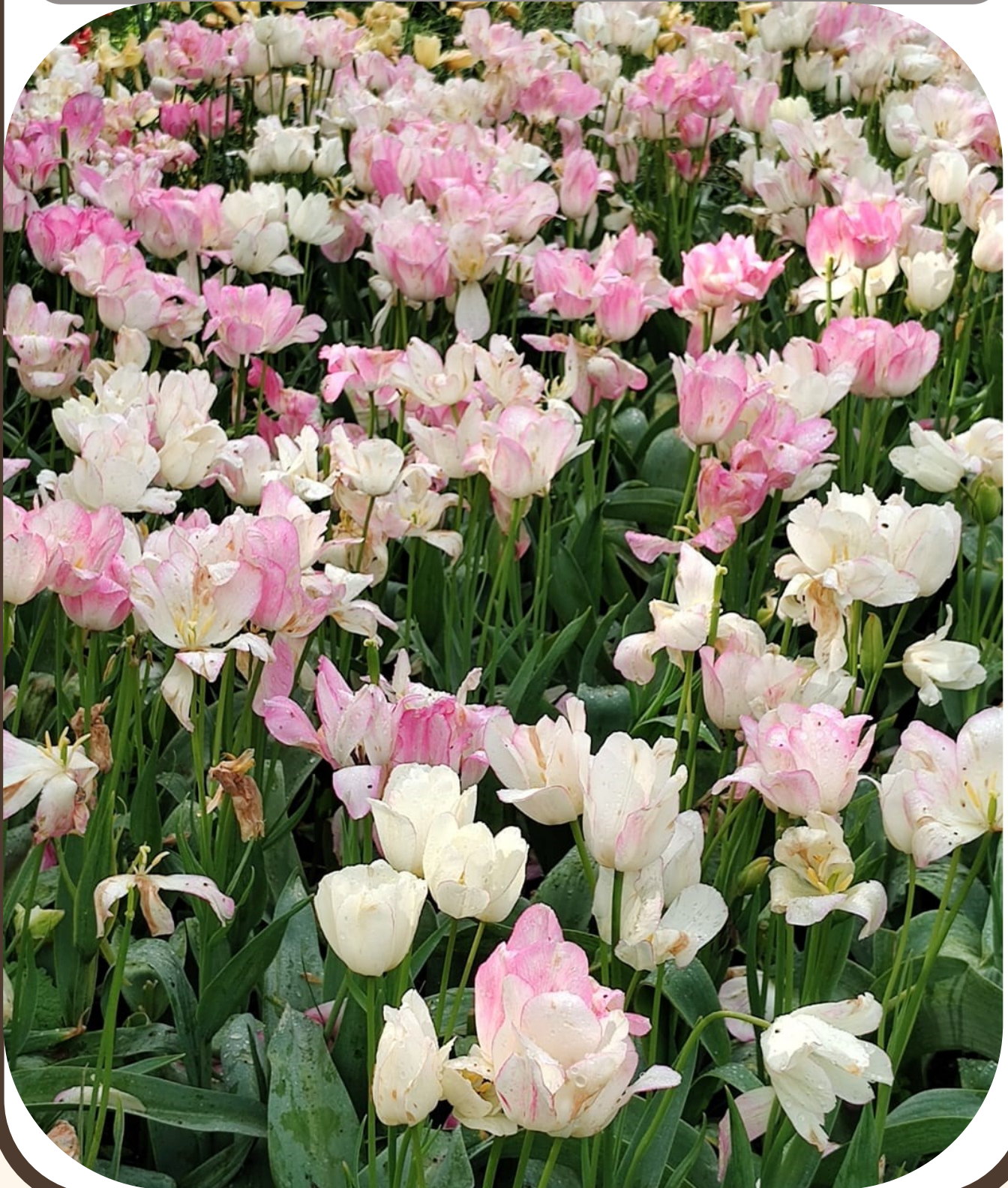


Floral Photography

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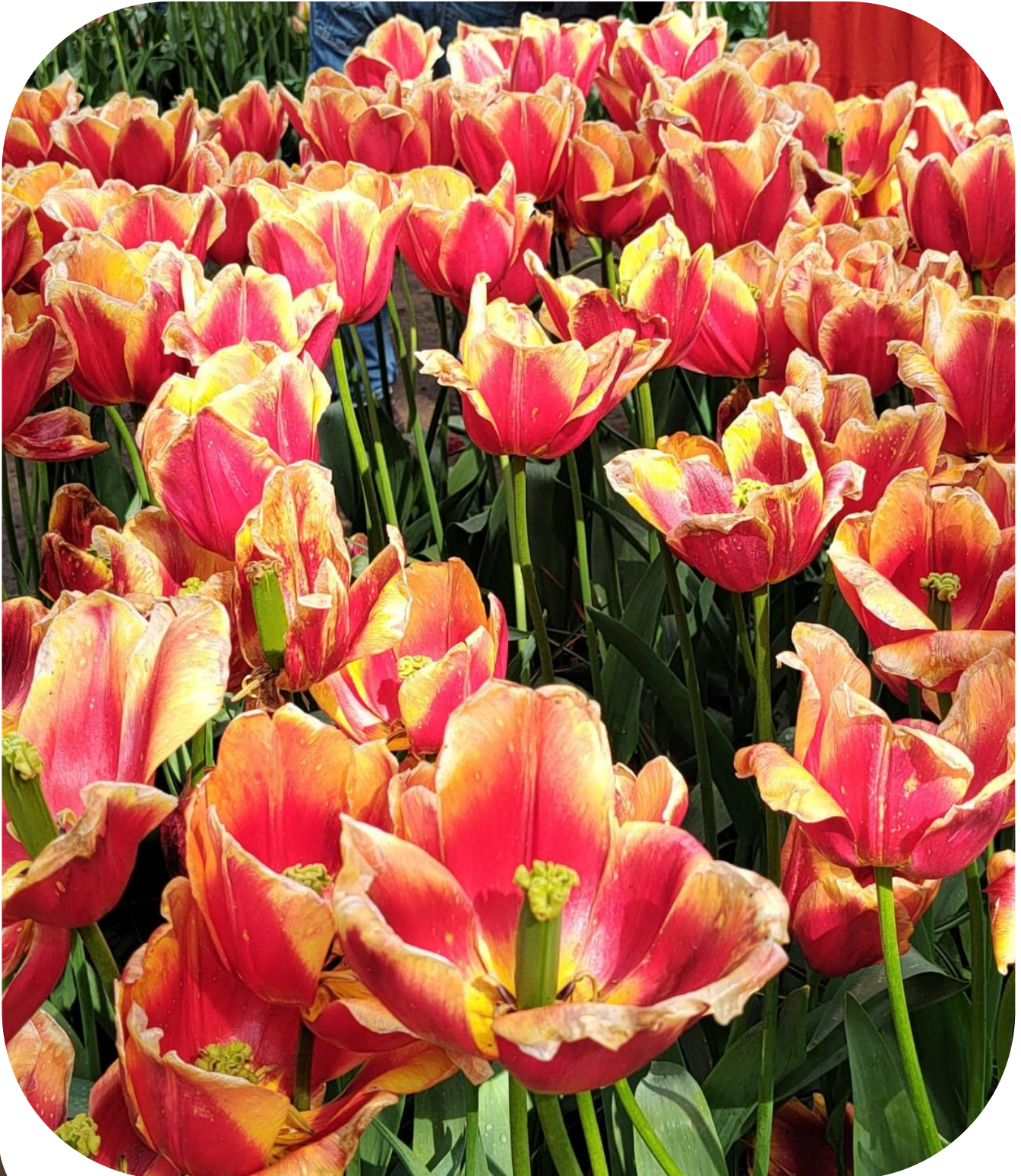


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Chief Pathologist & CEO

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Lifecare medical foundation blood centre, Kolkata



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.

Eggless Mango Pudding without the use of agar agar or maida.

This delightful dessert is a refreshing and tropical treat that embodies the essence of mango. Its light and creamy texture, combined with the burst of mango flavor, makes it an ideal summer dessert. What makes it even better is that it is eggless, catering to vegetarians and those with egg allergies. If you're a mango lover looking for a new and exciting way to enjoy this fruit, join me on my YouTube channel @ritu2909, Dr. Ritu Lokhande Kitchen, where you'll find many more interesting recipes.

Follow these simple steps to create this mouth-watering dessert:

- Start by peeling the mangoes, roughly chopping them, and squeezing out the pulp.
- Transfer the pulp to a blender jar and add sugar and one cup of milk.
- Blend until you achieve a smooth paste.



Heat a deep pan and pour in the blended paste.

- Cook on medium flame until it comes to a boil. In a separate bowl, create a corn flour slurry by mixing corn flour with half a cup of milk.

- Add this mixture to the blended paste and continuously stir and cook for 4-5 minutes, or until the mixture thickens.

- Turn off the heat and squeeze in the juice of half a lemon, which will give the pudding a delightful wobble effect.

- Transfer the mixture into individual moulds and allow it to cool completely.

- Place the moulds in the refrigerator for approximately 4 hours, or until the pudding sets completely.

Finally, gently de-mould the pudding onto individual serving plates and garnish with chopped mangoes and mint sprigs.

Serve immediately and enjoy the indulgence of this eggless mango pudding perfection.

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.

PUNE PORSCHE ACCIDENT

17 YRS OLD GIVEN BAIL AFTER
WRITING A 300 WORDS ESSAY

EXPERT मोटर ट्रेनिंग स्कूल

नोट: हमारे यहाँ निबंध लिखना भी सिखाया जाता है

dr praveen bhatia

dr praveen bhati
dr praveen bhati

Cartoon

Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist



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 Vidyalaya 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.

ONE NIGHT STAND

You and your mom in law
Abiding certain law
Fall for each other
Or troll each other

With a praise don't get high
With a bash don't set low
For when the tables turn
One really doesn't know

At times banking
At times spanking
At times laughing
Or may be mocking

To avoid all turmoil
Stay clean off the soil
When needed adapt
If possible co apt

Like
Two swords in a scabbard
With ease milk is clabbered
A jigsaw gone hayward
At times offence or just
awkward

No condition is constant
No belief is persistent
Each day new errand
Remember its just....
A ONE NIGHT STAND

Literature: Poems



Dr. Neha Nischal,
MBBS, MD
Consultant Radiologist,
New Delhi, India

Dr. Neha Nischal is a Consultant MSK and intervention Radiologist at Holy Family Hospital in New Delhi, India. She has an MBBS and MD degree. She also completed a clinical fellowship in Musculoskeletal (MSK) radiology from Medanta Hospital in India and an ESOR fellowship in MSK imaging & interventions from ROH in Birmingham, UK.

In addition to her passion for learning and teaching radiology, Dr. Neha Nischal enjoys traveling and dancing. She believes that a day without a little bit of dance is incomplete. To showcase her creative side, she has written a humorous poem that highlights the everyday challenges faced by radiologists. She hopes that you find it amusing!

Misprints and mis-happenings in the world of Radiology

An ultrasound report one day I saw
Of pleural effusion in a knee..
Which made me wonder..
What kind of kneemonia could it be???

Made me reminisce about among other things..
Some misprints, typographical errors
and some flings!

When "acute infarct" became "a cute infarct"
An honestly cute mistake it seemed to me..
Then a lesion "sinister" turned into a "sister"
And an "enhancing" lesion became "enchancing", I was amused to see!
But the funniest that I could not forget..
The one that made us all roll..

Was when the bone lesion in scapula
that was supposed to be "sclerotic"..
Suddenly became "erotic", that was
pretty bold!!

Such is the life of a radiologist..
Struggling with a few little and a few
irritating things..
We all make mistakes (including our
typists).
At the end of the day, we are all human
beings..

So check your reports is what I would
say...
Not just for findings.. but also spell-
ings..
But also laugh on these little errors..
If a "swelling" accidentally becomes
"smelling"

Courtesy- the average struggling radiol-
ogist

Sheikh Zayed Grand Mosque, Abu Dhabi, Photography: Dr. Viral Parekh



Next issue in July 2024

I'm thrilled to announce that the 51st issue of Reflections is ready to be published! Mark your calendars because the next issue is set to be released in July 2024. Calling all medical professionals who are involved in extra-curricular activities, I warmly invite you to share your work with me. If your submission meets our quality standards, it could be featured in our magazine.

I kindly ask all of you to contribute to this exciting project by sending your materials in Word format, along with high-quality images. Don't forget to include a photo of yourself, details about your workplace, and your email address. To ensure your submission is considered for the upcoming issue, please make sure it reaches us no later than June 15th, 2024.

Your opinion matters! I'm eager to hear your thoughts on Reflections. What do you think about the publication? How do you think we can make it even better? Whether you have positive feedback or constructive criticism, I encourage you to share your thoughts with me. If you send in your feedback, I'll make sure to include it in the next edition of Reflections. Feel free to reach out to me at reflections2020@hotmail.com. Thank you for your support, and I can't wait to hear from you soon.

Thanks.

Dr. Viral Parekh,