

52nd. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
JULY 2024, VOLUME V, ISSUE 7



Photography: Dr. Patrick Basu

REFLECTIONS



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 5

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July 2024

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01.07.2024

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



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Inside this issue:

Radiologist's Musings	4
Music	5
Art: Paintings & Sketches	6-12
Travelogue	13-23
Photography	24-45
Last Page	46

Special points of interest:

- **Paintings** by Dr. Nafisa Batta
- **Photography** by Dr. Sushanta Bhadra, Dr. Mayukh Bhattacharya & Dr. Patrick Basu.
- **Travelogue** by Dr. Bharat Parekh

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Reflections

An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Dr. Viral Parekh

Hello! Namaste, I'm delighted to present the 52nd edition of Reflections. First and foremost, a very happy Doctor's Day to everyone.

What an exciting ICC T20 final match between India and South Africa. At one point, it seemed like South Africa would easily win the match and take home the cup. But, some amazing bowling by Bumrah, Hardik, and Arshdeep, and a breathtaking catch by Surya Kumar secured the cup for us.

Right after winning the cup, Virat Kohli, Rohit Sharma and Ravindra Jadeja announced their retirement from this format of Cricket. What a way to retire! Gloriously and gracefully. Retirement is a significant milestone in one's life, marking the culmination of a long and often illustrious career. It's a time for reflection, celebration, and anticipation of the next chapter. But how does one retire gracefully and leave a lasting legacy? It's all about timing, appreciation, and the positive impact one has made over the years.

Timing is crucial when it comes to retirement. Choosing to step down when one is at the peak of their career can ensure that the individual is remembered for their contributions and achievements. It's like an artist leaving the stage after a standing ovation, the memory of their performance still fresh and vibrant in the audience's mind.

Appreciation also plays a crucial role. When colleagues and peers recognize and value the retiring individual's work, it adds to the sense of fulfilment and pride. It's a testament to the positive relationships and influence one has fostered throughout their career. This appreciation can come in many forms, from heartfelt farewells to lifetime achievement awards, all contributing to a dignified exit.

Leaving a positive legacy is perhaps the most enduring aspect of a graceful retirement. It's the knowledge that one's work will continue to inspire and guide future generations. Whether it's through mentorship, philanthropy, or continued involvement in the community, the retiring individual can ensure that their values and vision live on.

Wishing Virat, Ravindra and Rohit, a retirement as amazing as the career that brought you to this moment! It's not just about leaving work behind, but also about embracing a well-lived career and preparing for new opportunities ahead. Enjoy this transition with gratitude, honour, and excitement for what's to come. Cheers to this new chapter in your life!

It's important for us to take a lesson from this - to gracefully step back, not just from our professional life but also in our social life, and allow things to unfold naturally without imposing our will on our loved ones.

I want to extend my thanks to Dr. Bharat Parekh, Dr. Patrick Basu, Dr. Sushanta Bhadra, Dr. Mayukh Bhattacharya, and Dr. Nafisa Batta for their contributions that made this issue possible. I am sincerely grateful to each and every one of them.

REFLECTIONS

50th. Edition

Volume 5 Issue 7

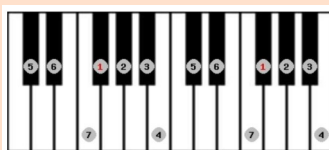
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Music : F# Major Scale



F# major scale



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

The F sharp major scale, a tapestry of sound woven with precision and care, is a musical journey that begins with the note F# and follows a path through G#, A#, B, C#, D#, and F. This scale is known for its bright and uplifting tonality, which has captivated composers and musicians alike.

The structure of the F# major scale adheres to the classic major scale formula, with a sequence of whole and half steps that create its distinctive sound. The pattern is: whole step, whole step, half step, whole step, whole step, whole step, half step. This formula ensures that each scale degree contributes to the overall harmony.

In the world of Western music, each note of the F# major scale holds a specific role. The tonic, F#, is the home base, the note to which all others ultimately resolve. The supertonic, G#, adds tension, leading to the mediant, A#, which balances between the tonic and dominant. The subdominant, B, prepares the arrival to the dominant, C#, a note of powerful resolution. The submediant, D#, offers a gentle descent from the dominant, leading to the leading tone, F, which yearns to resolve back to the tonic.

Art - Paintings & Sketches

Dr. Naifsa Batta, MBBS, DNB

**Consultant Radiologist: Mahajan Imaging, Sports Injury Centre ,
Safdarjung hospital, New Delhi.**



Dr. Nafisa Batta, a fellow Radiologist, believes that art serves as a universal language that transcends borders and unites people. As an artist, she finds solace and expression in drawing and painting. Raised in Dubai, a city that blends modernity with tradition, she developed a deep appreciation for diverse cultures and artistic expressions. Her academic journey led her to Mumbai for a degree in Medicine, where she experienced the city's vibrant energy and performing arts scene. Graduating

in Radiology in Delhi, she further expanded her horizons in a city known for its historical grandeur and slightly conservative culture. Travel has played a significant role in her life, allowing her to explore new places, meet people from different backgrounds, and learn valuable lessons about nature and human connections. Trying new foods during her travels has been a priority for her, as she believes cuisine is a gateway to understanding different cultures. Since 1992, she has practiced yoga intermittently, finding it to be a cornerstone of her well-being and a source of valuable lessons in patience, resilience, and mindfulness that have influenced her approach to art.

In 2015, her passion for photography grew, leading her to explore various genres and refine her skills along the way. Despite not having a formal art education, she always had a love for art. Her early endeavours were limited to sketches and occasional school posters. Charcoal painting caught her attention, but she didn't pursue it for long.

In 2021, amidst the challenges of the Covid pandemic, she sought ways to cope with anxiety and stress. She and her daughter decided to enrol in an online art class. It was a beginner's watercolour course, and she felt a mix of excitement and apprehension. Her first attempt at painting a simple green apple proved to be challenging. She struggled with capturing the highlights and found the medium difficult to master.

In August 2021, she recommitted to painting and enrolled in a watercolour class to enhance her skills. Under the guidance of online instructors Anna Mason and Maria Morjane, she learned precision and patience in botanical realism from Mason, and explored fluidity and expression with Morjane. Despite a busy schedule, she practices regularly and finds joy in each completed painting, which now decorate her walls and those of loved ones. Art has transformed from a hobby to a source of insight and healing, teaching her the beauty of imperfections and the value of patience. During the pandemic, she turns to her art corner for solace and rejuvenation.

Art has been more than just a hobby for her, offering profound insights and healing. It has taught her patience and the beauty in imperfections, showing that true beauty lies in flaws and surprises. This lesson has been especially meaningful during the pandemic, providing solace and rejuvenation in her art corner.

Her goal is to inspire others on their artistic journeys, emphasizing that art is about self-expression, joy in creation, and discovering truths about life and oneself. Whether you're a seasoned artist or just starting out, art has the power to transform and enrich your life.

Art - Paintings & Sketches

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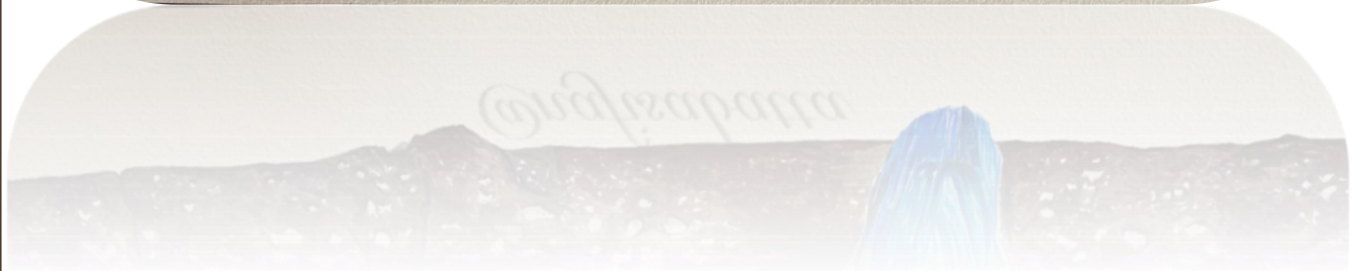
Consultant Radiologist: Mahajan Imaging, Sports Injury Centre ,
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Art - Paintings & Sketches

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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 Travelogue: Part 2: Khiva

After doing a day's whirlwind site-seeing of Tashkent we were exhausted, returned to the hotel, had an early dinner and hit the sac.

Next late afternoon, Uzbek Air flight took us to Khiva our next stop. We were received by our Guide Shaxnoza (a popular first name of ladies in Uzbekistan). Before reaching Khiva, our private vehicle took us to the ancient Khorezm fortresses that are located in the midst of the Karalpak desert of Uzbekistan. They are also known as Elliq Qala (50 fortresses) or the golden ring of Khorezm, indicating a rich and mysterious history. The Khorezm region, situated along the Amu Darya River, developed into an important cultural centre on the ancient Silk Road. It was part of the Persian empire when Zoroastrianism was the state religion. Some even believe that Khorezm was the motherland of its prophet Zarathustra. We then proceeded to Khiva and checked into our hotel.



Khiva, city, is located at the western border of Uzbekistan. A notorious slave market was centred there from the 17th to the 19th century. The city is also known for the Islamic architecture within its 590-acre (240-hectare) historic centre - Ichan Kala.

The next day was going to be busy. Next morning our guide Fazilat arrived with the car to take us to Ichan Kala. The Ichan-Kala encloses buildings that date from the 12th century, but most of its palace buildings, mosques, madrasahs (Muslim theological schools), mausoleums, and other structures date from 1780–1850, when the city prospered as a trade depot and fortress along the caravan routes that led across the Karakum. Khiva contains some of the best-preserved examples of Islamic architecture in Central Asia. The Kunya Ark ("Old Citadel") complex contains the oldest structure in Khiva, as well as 19th-century edifices. The late 18th-century Djuma mosque features more than 200 carved wooden pillars, some of which date from the 10th century; the pillars are recognized for the quality of their carving and decoration. Built to honour the 14th-century poet and wrestler Pahlavan Mahmoud, who is revered as Khiva's protector, the Pahlavan Mahmoud mausoleum (rebuilt 1810–25) is usually considered the most impressive building in the Ichan-Kala.

Travelogue

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Some of the must see places:

1. **Ichon-Qala (Inner Town):** This UNESCO World Heritage Site is the heart of Khiva, surrounded by impressive walls, narrow streets, mosques, madrassas, and palaces.
2. **Kalta Minor Minaret:** This unfinished minaret is a symbol of Khiva's architectural ambition. Although incomplete, it's an impressive sight.
3. **Kunya-Ark Citadel:** Once the residence of Khivan khans, this fortress offers a glimpse into the city's past. Don't miss the Djuma Mosque with its striking wooden columns.
4. **Tash-Hauli Palace:** Marvel at the intricate tilework and stunning courtyards of this 19th-century palace, once the residence of the Khivan rulers.
5. **Islam Khodja Minaret and Madrassah:** Climb to the top of this minaret for panoramic views of Khiva. The adjacent madrassah houses a small museum.
6. **Pahlavon Mahmud Mausoleum:** Visit the final resting place of Khiva's patron saint, Pahlavon Mahmud, a revered figure in Uzbek culture.
7. **Juma Mosque:** Admire the unique wooden ceiling of this 10th-century mosque, one of the oldest in Khiva.
8. **Toki Zargaron (Jewelry Bazaar):** Explore Khiva's bustling bazaars, where you can shop for traditional crafts, textiles, and jewelry.
9. **Toki Telpak Furushon (Cap Makers' Bazaar):** Witness artisans crafting traditional Uzbek caps and other headwear.
10. **Watchtower of Ak-Saray Palace:** Climb to the top of this tower for panoramic views of Khiva and the surrounding desert landscape.

The day ended with a dinner at a local restaurant in Itchan Kala which was beautifully lit up.



Travelogue

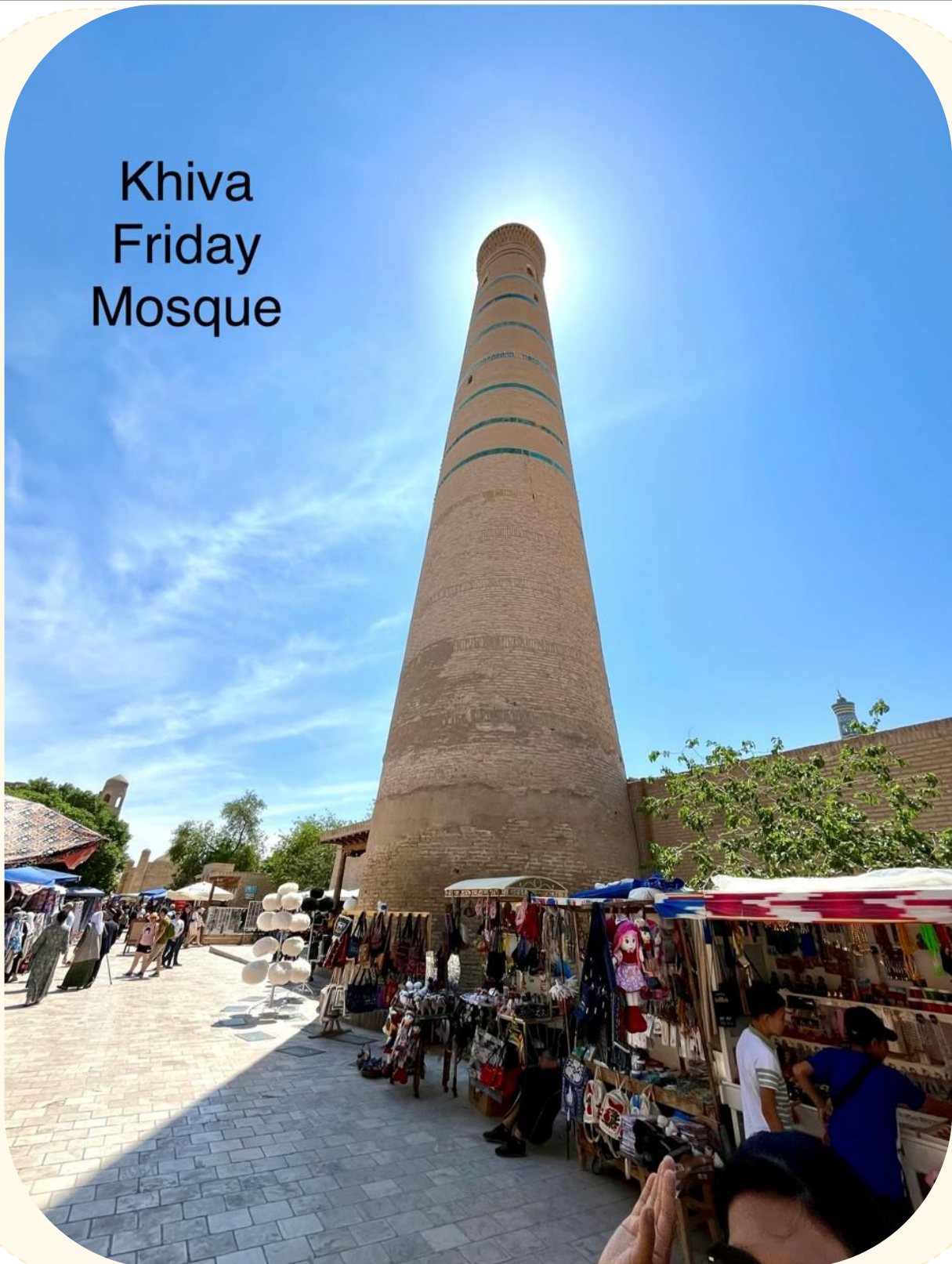
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Khiva Friday Mosque



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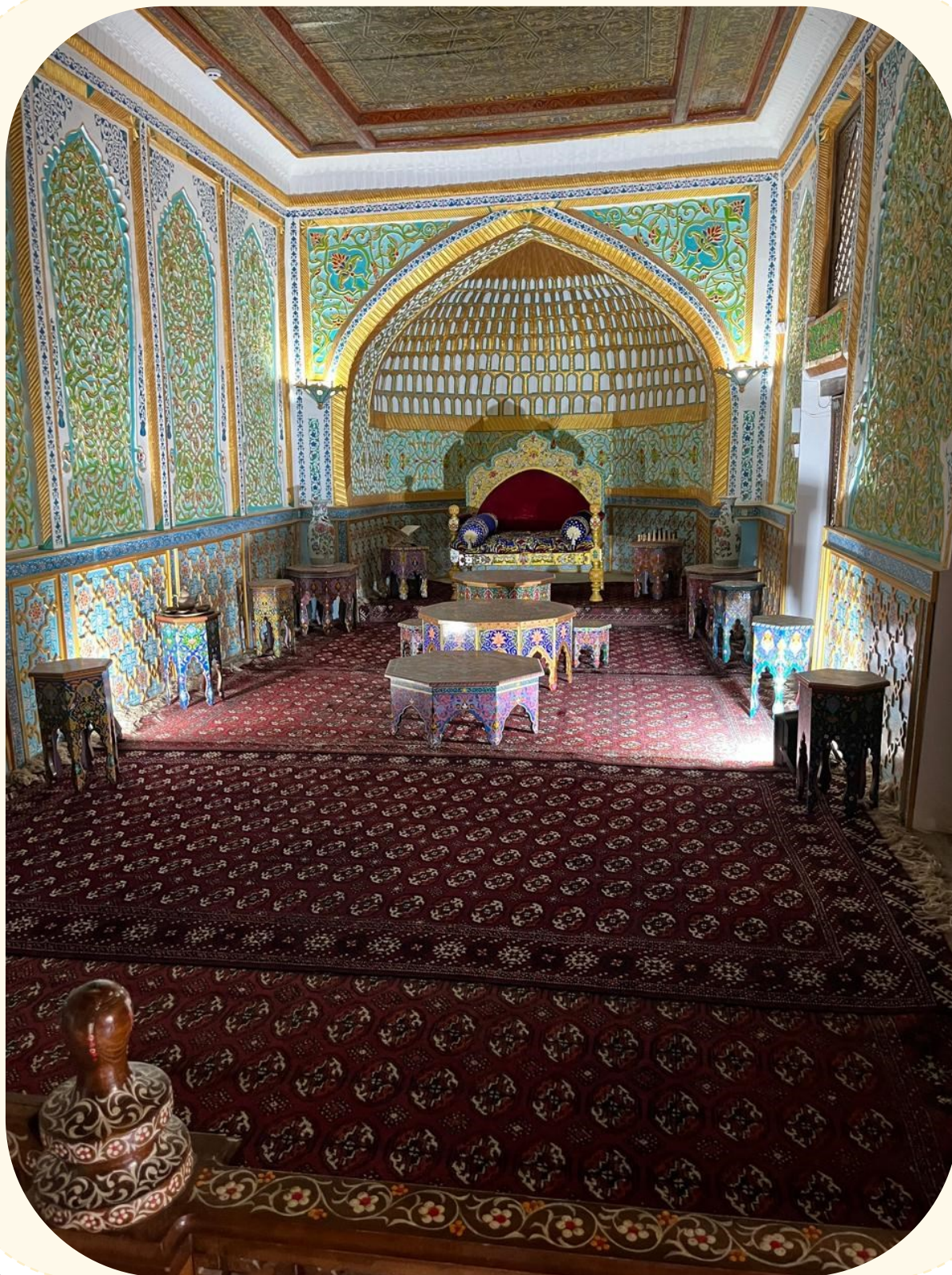
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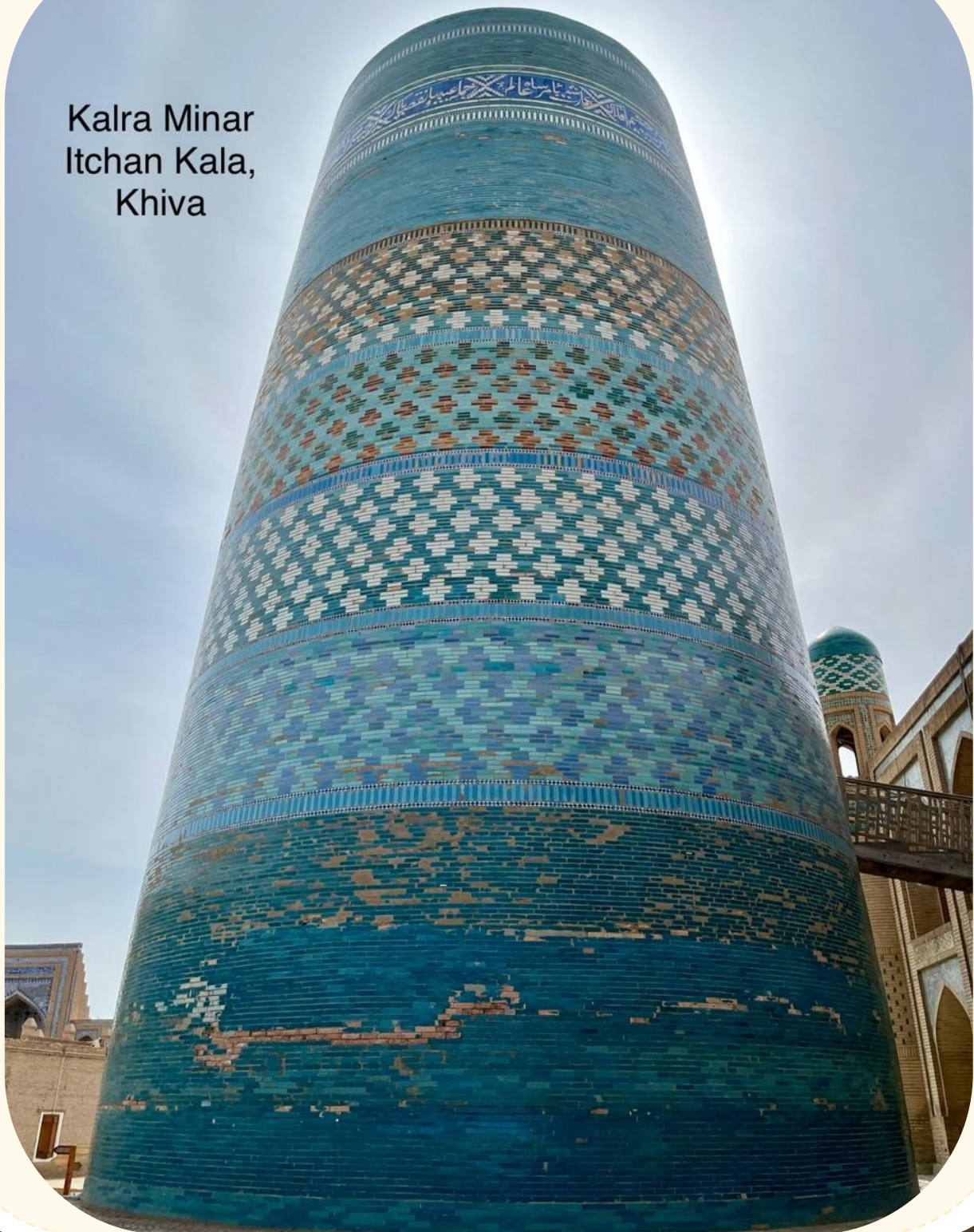
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Kalra Minar
Itchan Kala,
Khiva



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Consultant Radiologist

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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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Dr. Mayukh Bhattacharya, MD, is a fellow Radiologist and is like a younger brother to me. He completed his MBBS from Medical College Kolkata (1996 batch) and is a Gold Medalist, winning many prizes during his academic years in college. He obtained his MD in 2008 from VSS Medical College, Sambalpur. After working briefly in NIMS Hyderabad and KIMS Odisha, he is now in private practice in Kolkata, working in corporate hospitals as well as Diagnostic chains. Currently, he is the unit head at Welkin Medicare and Ramrik Neurointensive care Hospital. He has a special interest in Thoracic Radiology and Musculoskeletal MRI. Recently, he has taken up painting as a stress buster and anti-depressant. In his school days, he was an avid quizzard, winning District level trophies, and he also loves to travel. His other interests include outdoor sports and music, as well as his old avocation --- stamp collection. Here are some of his floral photographs. I hope you like them.



Floral Photography

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist



Floral Photography

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist



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MBBS, MD
Consultant Radiologist



Photography: Dr. Patrick Basu



Next issue in August 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 August 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 July 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,