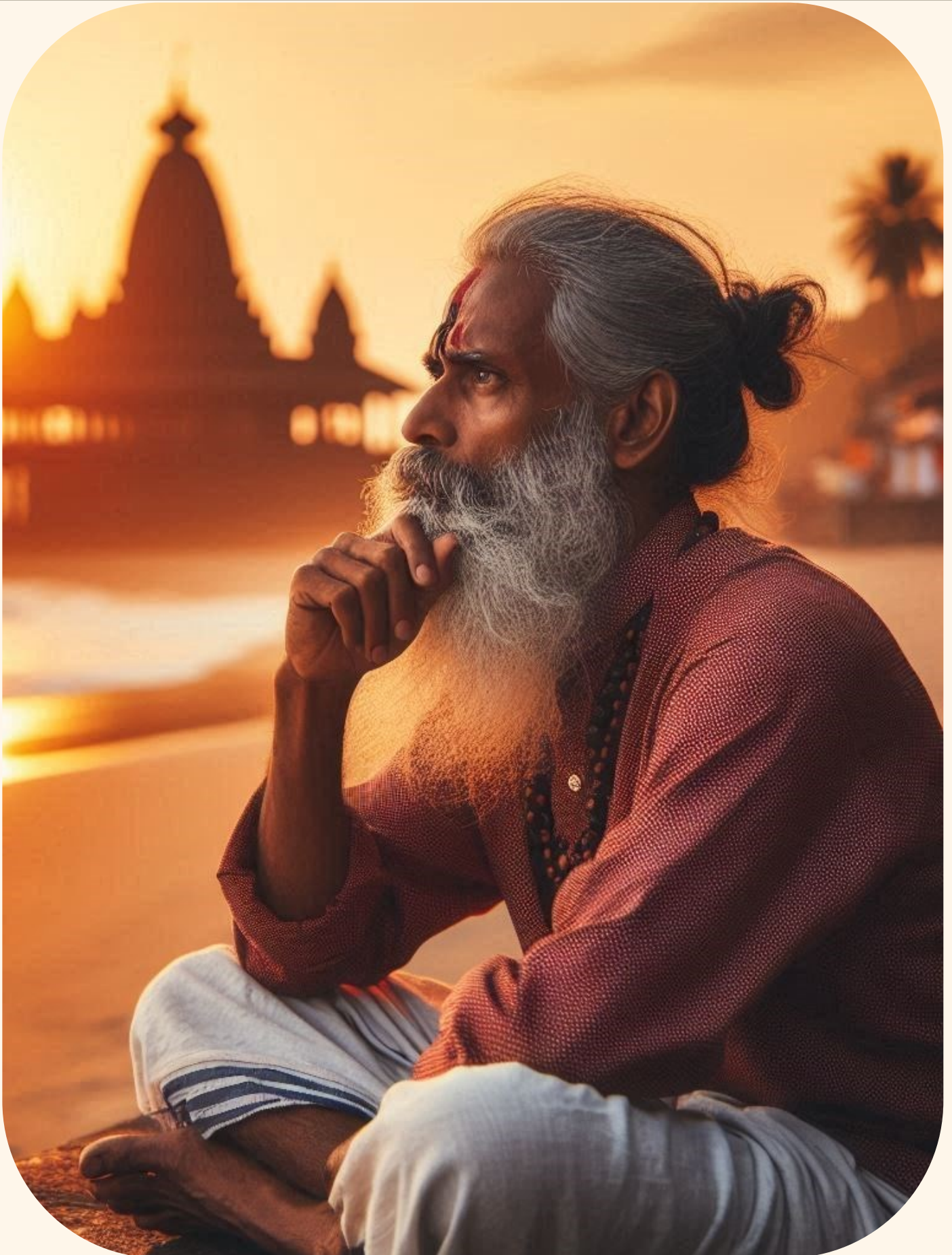


53rd. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
AUGUST 2024, VOLUME V, ISSUE 8



AI generated image

REFLECTIONS



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 5

Issue: 8

August 2024

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Volume 5 Issue 8

01.08.2024

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



AI generated image

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Special points of interest:

- **Paintings** by Dr. Nafisa Batta & Dr. Usha Jasani
- **Photography** by Dr. Sushanta Bhadra, Dr. Sushama Marulkar
- **Poems** by Dr. Rohini Patil

REFLECTIONS

Volume 5 Issue 8

01.08.2024

Reflections

An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Dr. Viral Parekh

Hello! Namaste, I'm delighted to present the 53rd. edition of Reflections. First and foremost, a very happy Independence Day to everyone.

Political correctness started as a way to promote inclusivity and respect for different opinions, but it has become a barrier to open conversation and honest expression. This issue is seen in many areas, such as schools, colleges, working places, media, and daily life.

Many individuals frequently express their opinions on various issues, often those that may not significantly impact society as a whole. They engage in discussions, share their thoughts on social media, and participate in debates about topics that, while perhaps interesting or trendy, do not necessarily contribute to meaningful change or address pressing societal concerns. However, when the moment arises to advocate for what is truly right - issues that have a profound effect on the well-being of the community or the greater good - these same individuals often retreat into silence.

This silence can be attributed to a variety of factors, including fear of backlash, a desire to avoid conflict, or a lack of understanding about the importance of their voice in the fight for justice. By failing to support causes that promote equity, fairness, and the welfare of others, they inadvertently contribute to the perpetuation of injustice and inequality. Their inaction can be seen as a form of complicity, as they choose to prioritize their own comfort and safety over the collective needs of society.

These individuals, in their self-focused approach, may not realize the extent of the harm they inflict on the social fabric. By not standing up for what is good and just, they allow harmful practices and ideologies to persist unchallenged. Their reluctance to engage in difficult conversations or take a stand against wrongdoing not only undermines the efforts of those who are actively fighting for change but also diminishes the potential for a more equitable and just society.

In essence, the failure to speak out when it matters most reveals a troubling aspect of human behaviour: the tendency to prioritize personal interests over communal responsibility. This self-centred mindset can create a culture of apathy, where individuals feel disconnected from the struggles of others and less inclined to take action. Ultimately, it is crucial for individuals to recognize the power of their voices and the importance of standing up for what is right, not just for their own sake, but for the betterment of society as a whole. Only through collective action and a commitment to justice can we hope to create a world that reflects the values of compassion, equity, and solidarity.

I want to extend my thanks to Dr. Sushanta Bhadra, Dr. Nafisa Batta, Dr. Usha Jasani, Dr. Sushama Marulkar and Dr Rohini Patil for their contributions that made this issue possible. I am sincerely grateful to each and every one of them.

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Volume 5 Issue 8

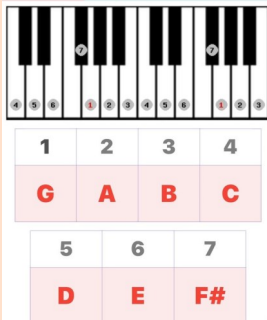
01.08.2024

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

Music : G Major Scale



G major scale: A Harmonious Foundation for Music



The G major scale is a staple in the world of music, revered for its warm and harmonious sound. It forms the foundation for countless pieces across various genres, from classical symphonies to modern pop songs. The scale is composed of seven distinct notes: G, A, B, C, D, E, and F#, with the F# adding a bright, sharp quality to the otherwise pure and natural tones.

For musicians, the G major scale is often one of the first scales learned, due to its relatively simple fingering on many instruments and its pleasing sound. It's a scale that signifies a kind of musical homecoming, a base from which many melodic journeys begin. On the piano, the scale is visually intuitive, with only one black key (F#) amidst the white keys, making it an excellent starting point for beginners to understand and visualize scales on the keyboard.

In music theory, the G major scale holds significant importance. It's the key signature with one sharp, and its relative minor is E minor, offering a seamless transition between emotions in compositional structures. The scale's structure follows the classic major scale pattern of whole and half steps (whole, whole, half, whole, whole, whole, half), a pattern that is mirrored in every major scale and is fundamental to Western music theory.

The G major scale isn't just a learning tool; it's also a key of choice for many composers. In the Baroque period, it was considered the "key of benediction," and many of Johann Sebastian Bach's works, including his third and fourth Brandenburg Concertos, are set in this key. The Classical era saw Joseph Haydn and Wolfgang Amadeus Mozart use G major for notable works like Mozart's "Eine Kleine Nachtmusik." Ludwig van Beethoven associated G major with optimism and used it for several of his compositions, such as the Piano Concerto No. 4.

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

Dr. Naifsa Batta, MBBS, DNB

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



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©naifisabatta

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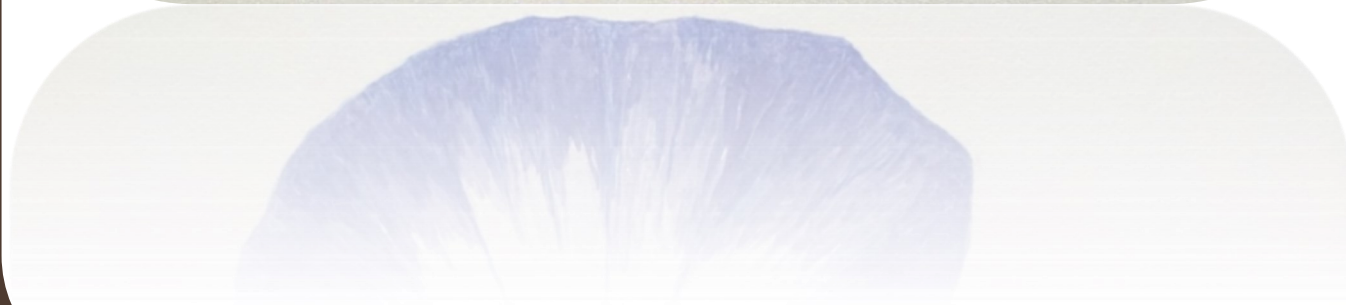
Consultant Radiologist: Mahajan Imaging, Sports Injury Centre ,
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Safdarjung hospital, New Delhi.



Art - Paintings & Sketches

Dr. Usha Jasani, MBBS



She is into family practice in Kolkata for the past 50 years. She has a keen interest in Sugam Sangeet, painting, and various craft activities, including pen and pencil sketching. During her childhood, she studied classical music and Sugam Sangeet, as well as painting, but there was a significant hiatus in her artistic pursuits for many years. Recently, over the past year, she has rekindled her passion for painting, sketching, and engaging in craft work. She finds great inspiration in articles published in the Reflections and that motivates her creative journey.



Art - Paintings & Sketches

Dr. Usha Jasani, MBBS
Kolkata



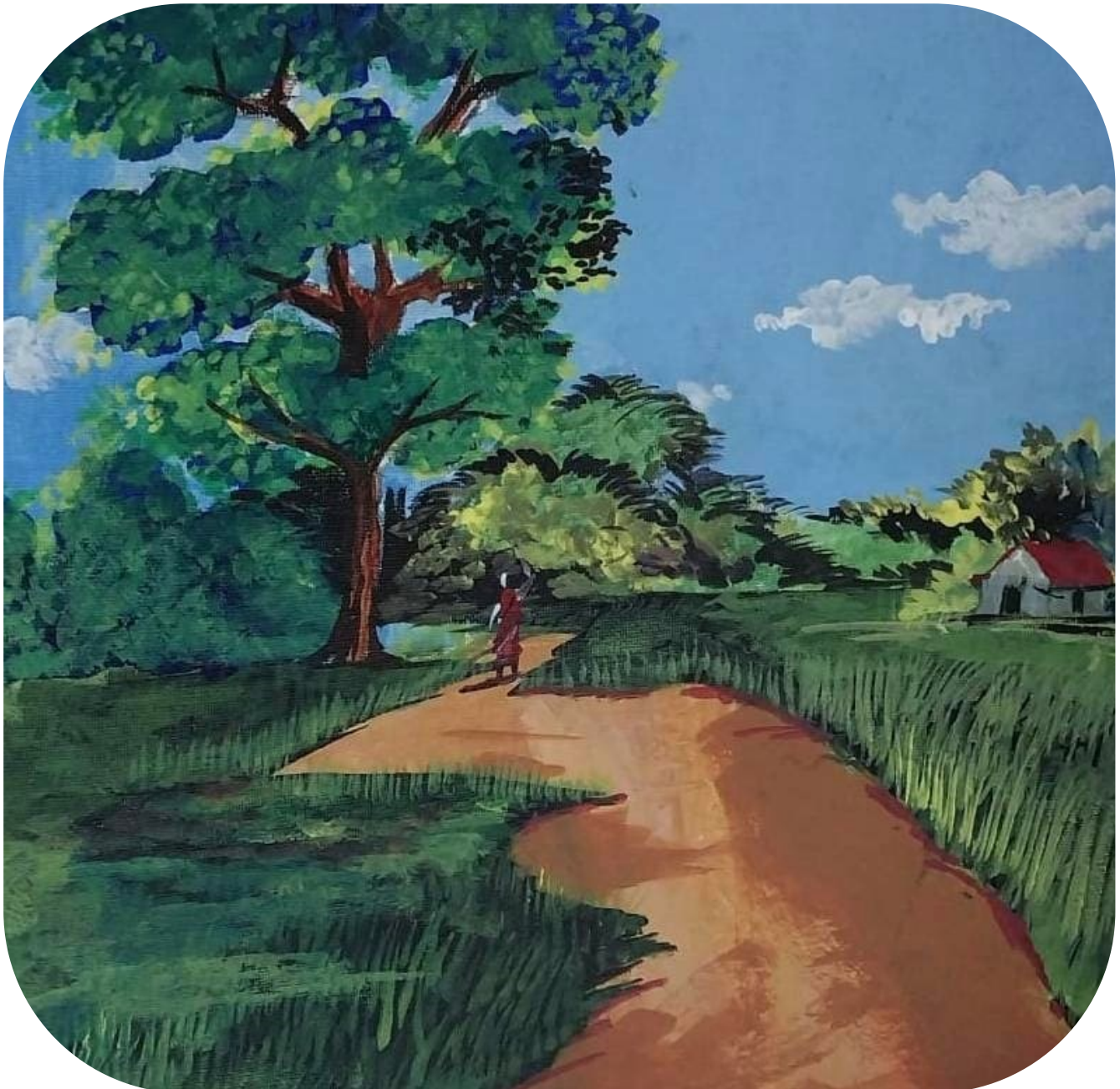
Art - Paintings & Sketches

Dr. Usha Jasani, MBBS
Kolkata



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Dr. Usha Jasani, MBBS
Kolkata



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Dr. Usha Jasani, MBBS
Kolkata



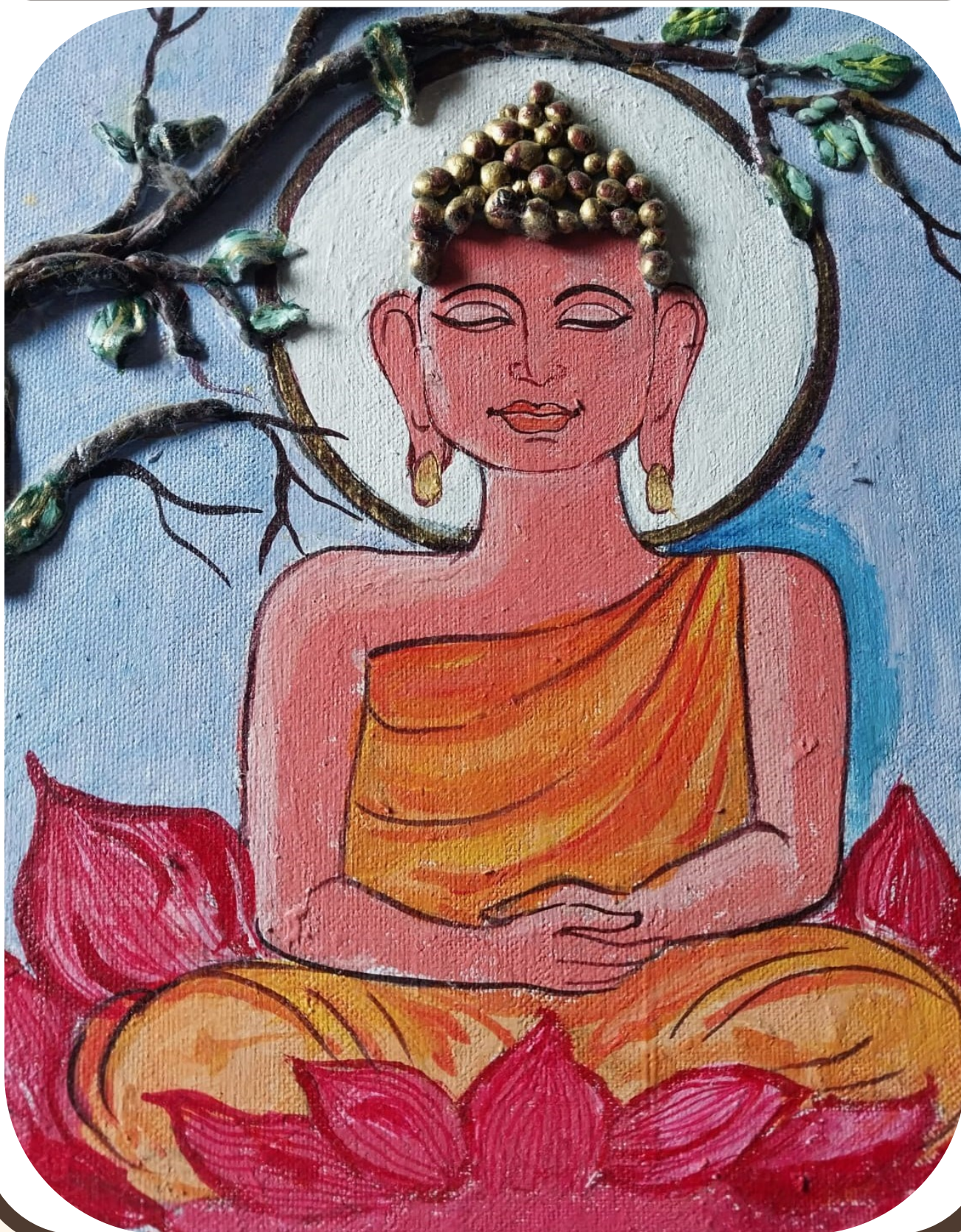
Art - Paintings & Sketches

Dr. Usha Jasani, MBBS
Kolkata



Art - Paintings & Sketches

Dr. Usha Jasani, MBBS
Kolkata



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.

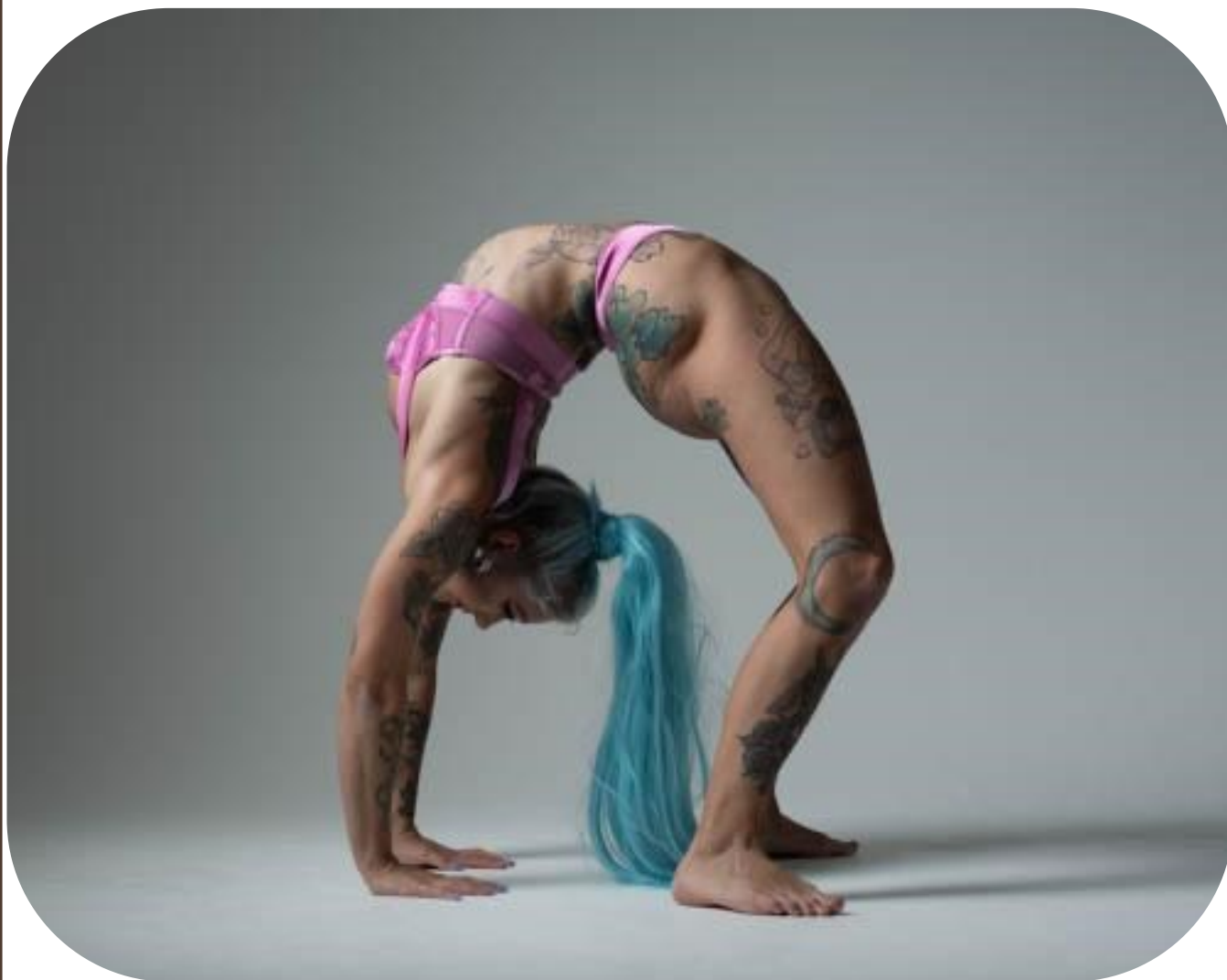
Beyond his professional and artistic pursuits, Sushanta is a kind and genuine person. He is always there for his friends and classmates, offering support and encouragement. His positive attitude and infectious enthusiasm make him a joy to be around, and he has a knack for bringing people together.

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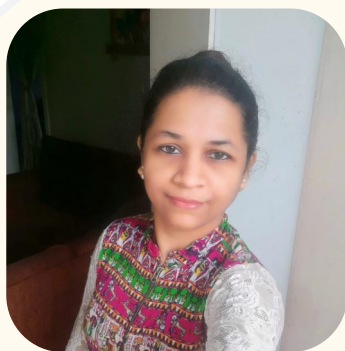
MBBS, MD, DTMH, DNB, FRCOG, FRCGP, LLB., Clinical Director,
North Bexley PCN, United Kingdom, PCN



Food Photography

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.

Food Photography

Dr. Sushama Marulkar, MBBS, DMRE

Radiologist , Shubham Diagnostic Centre,
Satara. Maharashtra.

Sabudana Khichdi



Food Photography

Dr. Sushama Marulkar, MBBS, DMRE
Radiologist , Shubham Diagnostic Centre,
Satara. Maharashtra.

Jackfruit



Food Photography

Dr. Sushama Marulkar, MBBS, DMRE

Radiologist , Shubham Diagnostic Centre,
Satara. Maharashtra.

Aamras



Food Photography

Dr. Sushama Marulkar, MBBS, DMRE

Radiologist , Shubham Diagnostic Centre,
Satara. Maharashtra.

Rangpanchami special: Samosa and Onion pakoda



Food Photography

Dr. Sushama Marulkar, MBBS, DMRE

Radiologist , Shubham Diagnostic Centre,
Satara. Maharashtra.

Makarsankranti special: Bajara bhakari and mix veg., sesame



Literature: Poems



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.

CELEBRATE EVERYDAY

Because everyday is a
A birthday
A better way
A new Pathway

You moult everyday
This way ;that way
You entangle;
Or get away
You swirl or sway
That's why I say
Celebrate everyday

Success leads you;
Hurdles guide you
Faith lightens you;
Hard work brightens you

Each event adds a facet
Some bitter some perfect
Some faster some late
All of them build your fate

And thus you go...
Purer and cleaner
Better and wiser...
For we all know...
Diamonds are forever

INCONVINIENCES

A maid comes late
Milk gets curdled
Veggies not brought
Bills not paid

A short headache
A tiny finger cut
Few grey hair
Weekend: no resort

A forgotten grocery
Undone laundry
Expenses sundry
A cuisine gone awry

Little we face
Too much we express

They are inconveniences
We call them grievances

Literature: Poems

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.

FAMILY IS HERE

And the cook
Waits till am ready
And serves me
Hot roti

And the mavshi
Bargains for
Grocery and veggies
And gets me best of
Fruits and Sabji

And the staff who
Waits while I sip tea
Sink into my seat
And veg out under the AC

There's no need to look
Here and there
My staff is my family
That puts me in gear
They help me to chill
And fulfil my will

They keep me on toes
And are at my toes
And this is just how
Our daily routine goes

May the almighty
Keep us
Hail and hearty
We live n grow together
Never bother each other

Photography: Dr. Viral Parekh



Next issue in September 2024

I'm thrilled to announce that the 53rd. issue of Reflections is ready to be published! Mark your calendars because the next issue is set to be released in September 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 August 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,