

JUSTICE FOR ABHAYA!

KOLKATA DOCTOR'S
RAPE AND MURDER



JUSTICE FOR ABHAYA!

Independent, are we?

You are not free
For what are you celebrating your independence spree?

Your healing touch
Your dedication at work
Is mutilated by predators
Who ogle you for lust
How free are you within these societal confines?

The deafening silence
The unheard cries
The distorted truth
The chaos within
How free are you within these societal confines?

Your sleepless nights
Your vigilant eyes
Your struggle to thrive
In this environment so hostile
How free are you within these societal confines?

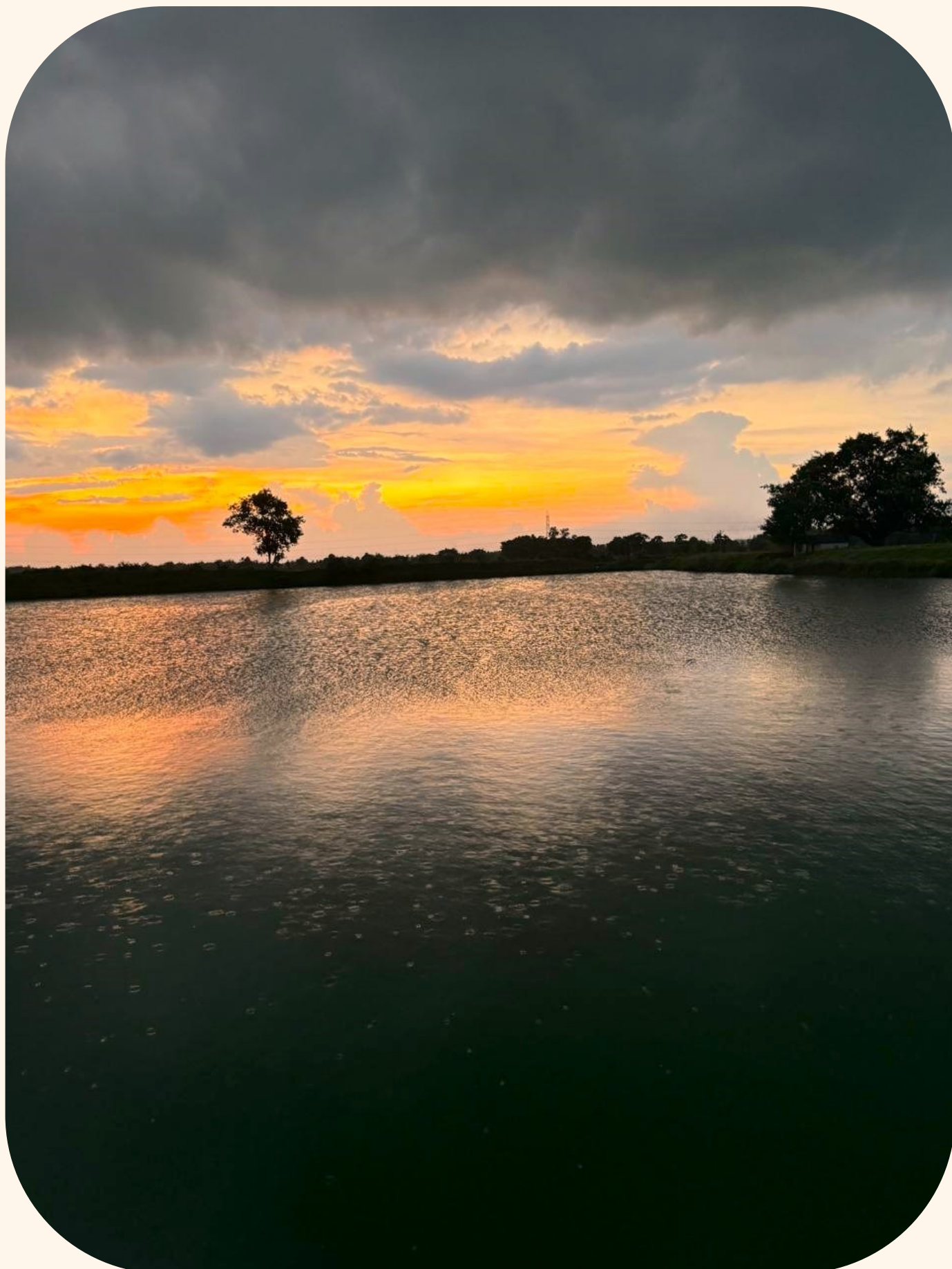
Slaves we will remain
Unless united we stand
Together let's create
A safe haven to reside

By
Dr. Nivedita Chakrabarty

54th. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
SEPTEMBER 2024, VOLUME V, ISSUE 9



Photography: Dr. Sudhir Sarkar

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AI generated image

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Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 5

Issue: 9

September 2024

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Volume 5 Issue 9

01.09.2024

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



AI generated image

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Special points of interest:

- **Paintings** by Dr. Simi Gulati, Dr. Varsha Vaishnav & Dr. Disha Bongale
- **Photography** by Dr. Sushanta Bhadra, Dr. Sudheer Sarkar & Dr. Reeta Bora.
- **Poems** by Dr. Rohini Patil & Dr. Nivedita Chakraborty.
- **Culinary Arts** by Dr. Ritu Lokhande

REFLECTIONS

Volume 5 Issue 9

01.09.2024

Reflections

An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Dr. Viral Parekh

Hello! Namaste, I'm delighted to present the 54th. edition of Reflections. First and foremost, a very happy Ganesh Chaturthi to everyone.

Double standards in society represent a multifaceted and deeply ingrained issue that continues to provoke intense discussions surrounding morality, justice, and fairness. At its core, a double standard occurs when different rules or expectations are applied to similar situations, often influenced by the identities, relationships, or social standings of the individuals involved, rather than by the actions themselves. This phenomenon is pervasive and can be observed across a wide array of contexts, including personal relationships, workplaces, political arenas, and media representations.

In the workplace, double standards often emerge in the evaluation of employee performance and behaviour. For example, a manager might praise an employee for being assertive and taking charge during meetings, while criticizing another employee for exhibiting the same behaviour, labelling him/her as aggressive or overly ambitious. Such discrepancies not only undermine the principles of equality and meritocracy but also contribute to a toxic work environment where employees feel undervalued and demoralized.

The political landscape is rife with double standards as well, where public figures and leaders may be treated differently based on their affiliations, backgrounds, or personal connections. For instance, actions that would typically result in severe backlash for one politician may be overlooked or downplayed when committed by another who belongs to a favoured party or group. This inconsistency can lead to a disillusioned electorate, as citizens grapple with the apparent hypocrisy and lack of accountability among those in power.

Media portrayals also reflect and perpetuate double standards, particularly in the representation of gender, race, and socioeconomic status. The way stories are framed, and the language used can reveal biases that favour certain groups over others. For example, the media may depict a youth belonging to particular group "troubled youth" deserving of compassion, while a young person of another group in a similar situation might be labelled a "criminal" or "thug." Such portrayals not only shape public perception but also reinforce harmful stereotypes and societal divisions.

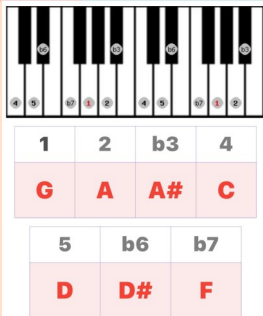
The implications of double standards extend beyond individual relationships and specific contexts; they erode trust in institutions and societal norms. When people perceive that moral standards are applied inconsistently, it raises serious questions about the integrity.

I want to extend my thanks to Dr. Simi Gulati, Dr. Varsha Vaishnav , Dr. Disha Bongale, Dr. Sushanta Bhadra, Dr. Sudheer Sarkar, Dr. Reeta Bora, Rohini Patil Dr. Nivedita Chakraborty & Dr. Ritu Lokhande for their contributions that made this issue possible. I am sincerely grateful to each and every one of them.

Music : G Minor Scale



Exploring the G Minor Scale: A Journey Through Sound and Emotion



Bb and Eb, and it is the relative minor of B-flat major and the parallel minor of G major. There are three forms of the G minor scale: natural, harmonic, and melodic, each with its unique sound and use in composition.

The natural G minor scale follows a specific pattern of whole and half steps (W-H-W-W-H-W-W), creating a sequence of notes that is both haunting and expressive. This form of the scale is often used in musical pieces to establish a sombre or reflective mood.

The harmonic G minor scale differs from the natural form by having a raised seventh note, which in this case is F#. This slight alteration gives the scale a distinctive tension and resolution, perfect for dramatic and emotional passages in music. The harmonic minor scale is frequently employed to enhance the expressiveness of a piece, particularly in classical and baroque compositions.

Lastly, the melodic G minor scale, which is unique in that it ascends with a raised sixth and seventh note (Eb to E natural and F to F#) and descends in the natural minor form. This creates a contrasting and versatile scale that can be used to convey a variety of emotions, from longing to hopefulness.

For musicians and students of music theory, mastering the G minor scale is essential. It not only expands one's musical vocabulary but also provides a gateway to understanding the emotional language of music. Whether played on a piano, violin, or any other instrument, the G minor scale remains a timeless tool for artistic expression.

Art - Paintings & Sketches

Dr. Simi Gulati

Specialist and Head of Department (Ophthalmology)

Charak Palika Hospital (NDMC), Delhi



Dr. Simi Gulati is not only a distinguished medical professional but also a multifaceted individual who has successfully blended her career in medicine with her passion for the arts. As the Head of the Ophthalmology Department at Charak Palika Hospital in Delhi, she is dedicated to improving the vision and eye health of her patients.

However, beyond her medical expertise, Simi is a talented artist whose creativity knows no bounds. Her long-standing passion for art and craft has been a significant part of her life, providing her with a unique outlet for self-expression. Simi enjoys experimenting with various media, including painting, sculpture, and mixed media, allowing her to explore different techniques and styles. She dives into diverse art forms, often playing with bright colours and bold patterns.

Simi firmly believes that true artistry comes from the heart rather than adhering to strict rules or conventions. This philosophy is evident in her work, which often features her favourite subjects: human figures and scenes from everyday life. Through her art, she captures the essence of human experience, evoking a wide range of emotions in her audience—from thought-provoking reflections on society to bewildering interpretations of the mundane.

Currently, Simi is making waves in the local art scene, showcasing her pieces in small yet meaningful venues across Delhi. These exhibitions provide her with a platform to connect with art enthusiasts and share her vision with a broader audience. The intimate settings of these venues allow for personal interactions, where viewers can engage with her work and gain insight into her creative process.

Simi has received an outpouring of praise from both friends and fellow artists, both online and offline. Her social media presence has grown, with many followers eager to see her latest creations and artistic endeavours. The support she has garnered from the art community has been instrumental in boosting her confidence and encouraging her to continue exploring her artistic journey.

For those interested in experiencing her talent firsthand, Simi invites everyone to check out some of her amazing paintings. Each piece tells a story, inviting viewers to reflect on their own experiences and emotions. Through her art, Dr. Simi Gulati not only enriches her own life but also contributes to the cultural tapestry of her community, proving that the intersection of medicine and art can lead to profound and beautiful outcomes.

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Charak Palika Hospital (NDMC), Delhi



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Charak Palika Hospital (NDMC), Delhi



Art - Paintings & Sketches

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



Dr. Varsha Vaishnav is a skilled ophthalmologist who has established her practice in the picturesque city of Bhopal, known for its rich history and beautiful landscapes. With a passion for both medicine and creativity, Dr. Vaishnav not only dedicates her time to providing exceptional eye care to her patients but also expresses herself through her artwork. Her artistic creations reflect her unique perspective and appreciation for the world around her. I encourage you to explore some of her artwork; I'm confident that you will find it captivating and inspiring! Whether it's through her intricate designs or vibrant colours, her art offers a glimpse into her imaginative mind and the beauty she sees in everyday life.



Art - Paintings & Sketches

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



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Consultant Ophthalmologist,
Bhopal, MP.



Art - Paintings & Sketches

Dr. Disha Bongale , MBSS, DMRE
Radiologist, Pune.



Dr. Disha Bongale wrapped up her medical studies in Mumbai and has been working as a radiologist in Pune for the last 18 years at several well-known hospitals.

Even though she hasn't had any formal training in the arts, she enjoys exploring different art forms like crochet, zentangle, pencil sketching, and acrylic painting. Her kids inspired her to pick up drawing during the lockdown, and since then, she's really embraced her creative side.

Disha is super passionate about giving back to the medical community and has taken on various roles in MSBRIA and IRIA.

In addition to her work as a radiologist, she also plays a key role in managing the well-respected orthopaedic practice of Dr. Aashish Arbat as a Director.

Zentangle art is her absolute favourite, so here are a few of her stunning pieces along with a brief introduction.



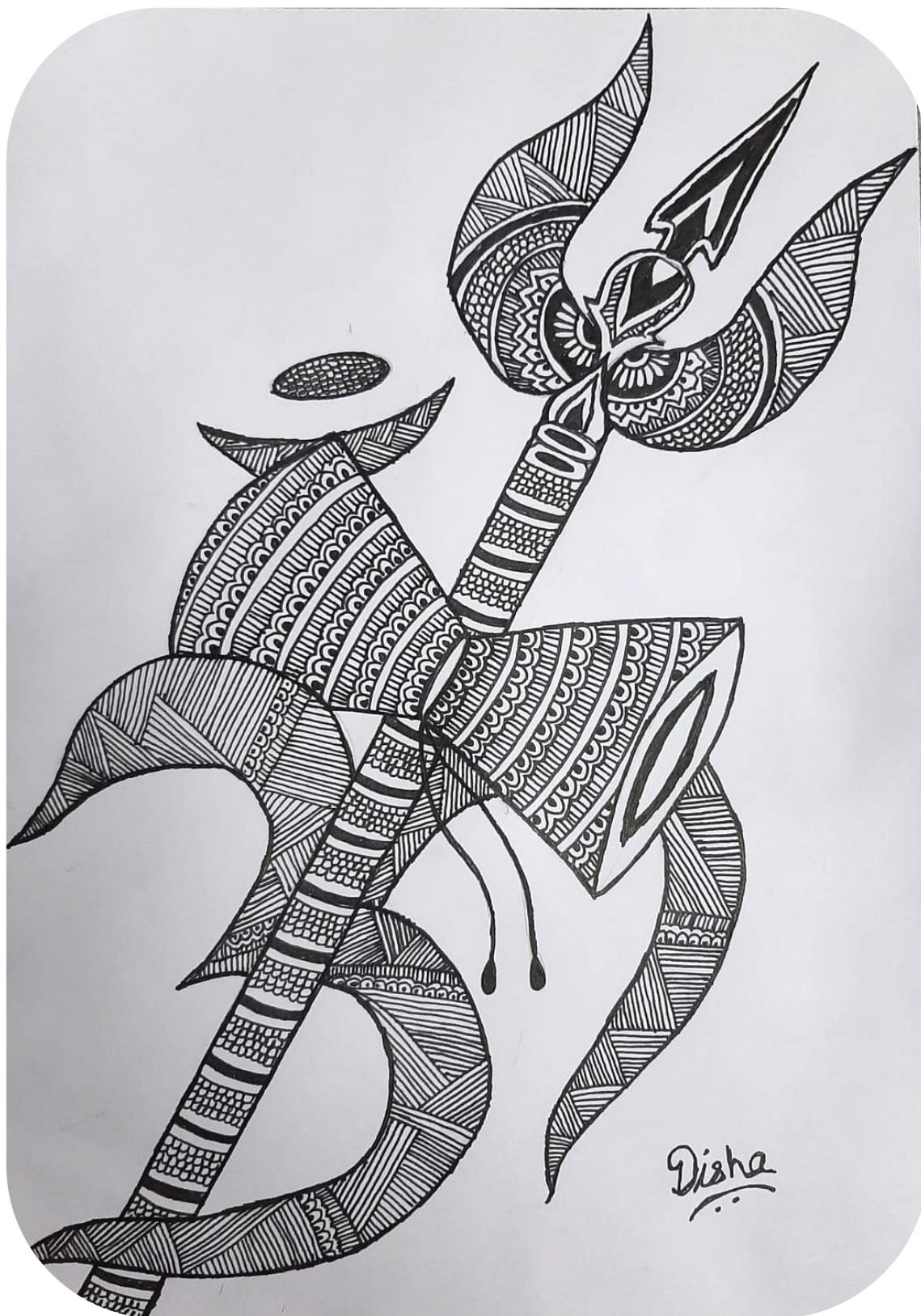
Art - Paintings & Sketches

Dr. Disha Bongale , MBSS, DMRE
Radiologist, Pune.



Art - Paintings & Sketches

Dr. Disha Bongale , MBSS, DMRE
Radiologist, Pune.



Art - Paintings & Sketches

Dr. Disha Bongale , MBSS, DMRE
Radiologist, Pune.



Photography

**Dr. Reeta Bora, MBBS, MD,DM {Neonatology}
Professor and Head of Paediatrics and Neonatology,
Assam Medical College, Dibrugarh, Assam.**



Dr. Reeta Bora is a qualified Paediatrician and Neonatologist. She completed her MBBS at Assam Medical College in Dibrugarh, followed by an MD in Paediatrics from the same institution, and a DM in Neonatology from PGIMER in Chandigarh. Since her childhood, she has had a passion for painting; however, the advent of mobile phone cameras has provided her with a convenient means to document the beauty of everyday life through photography. This hobby has also served as a source of relaxation for her. Below are some of her photographs, which I am confident you will appreciate.



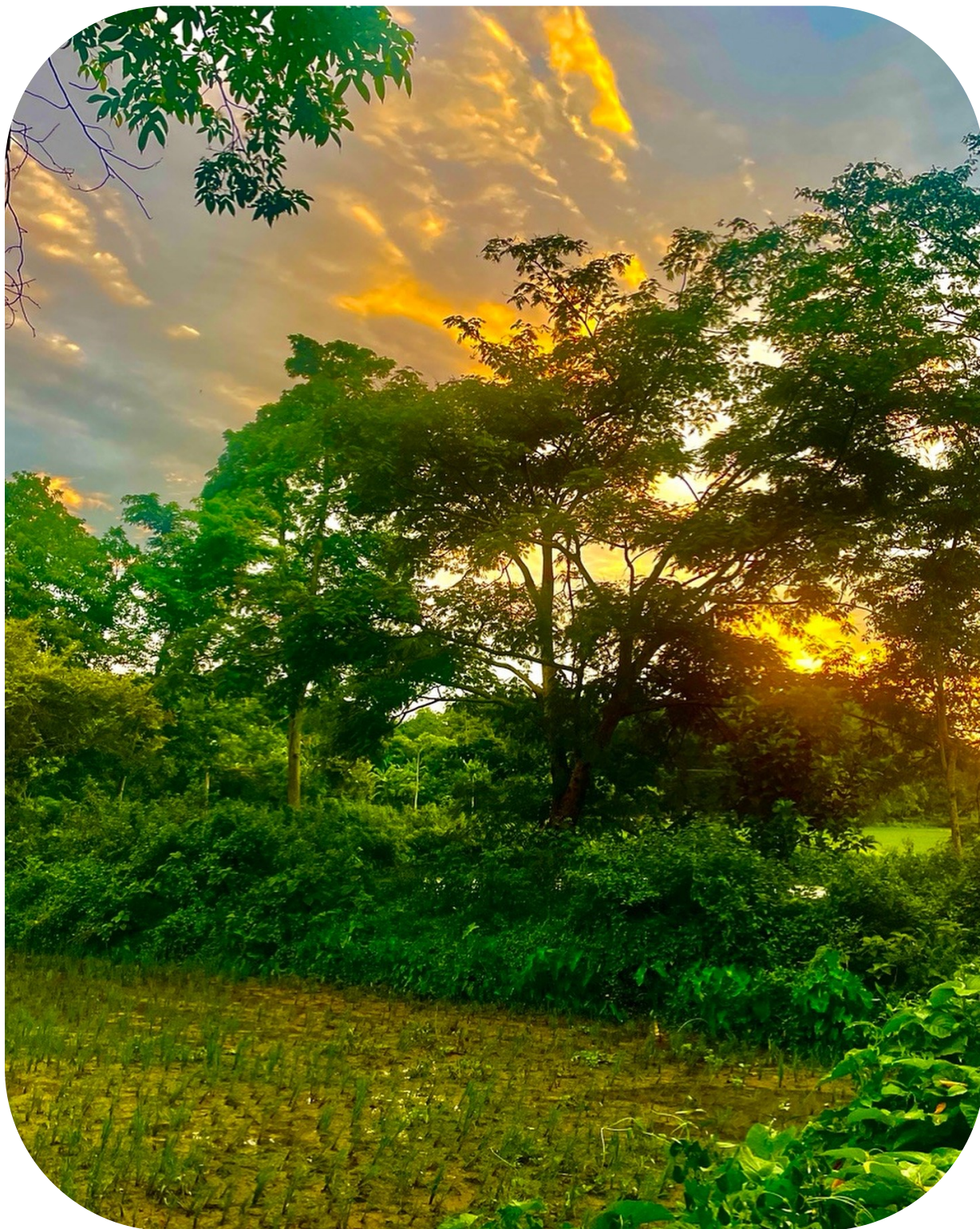
Photography

Dr. Reeta Bora, MBBS, MD,DM {Neonatology}
Professor and Head of Paediatrics and Neonatology,
Assam Medical College, Dibrugarh, Assam.



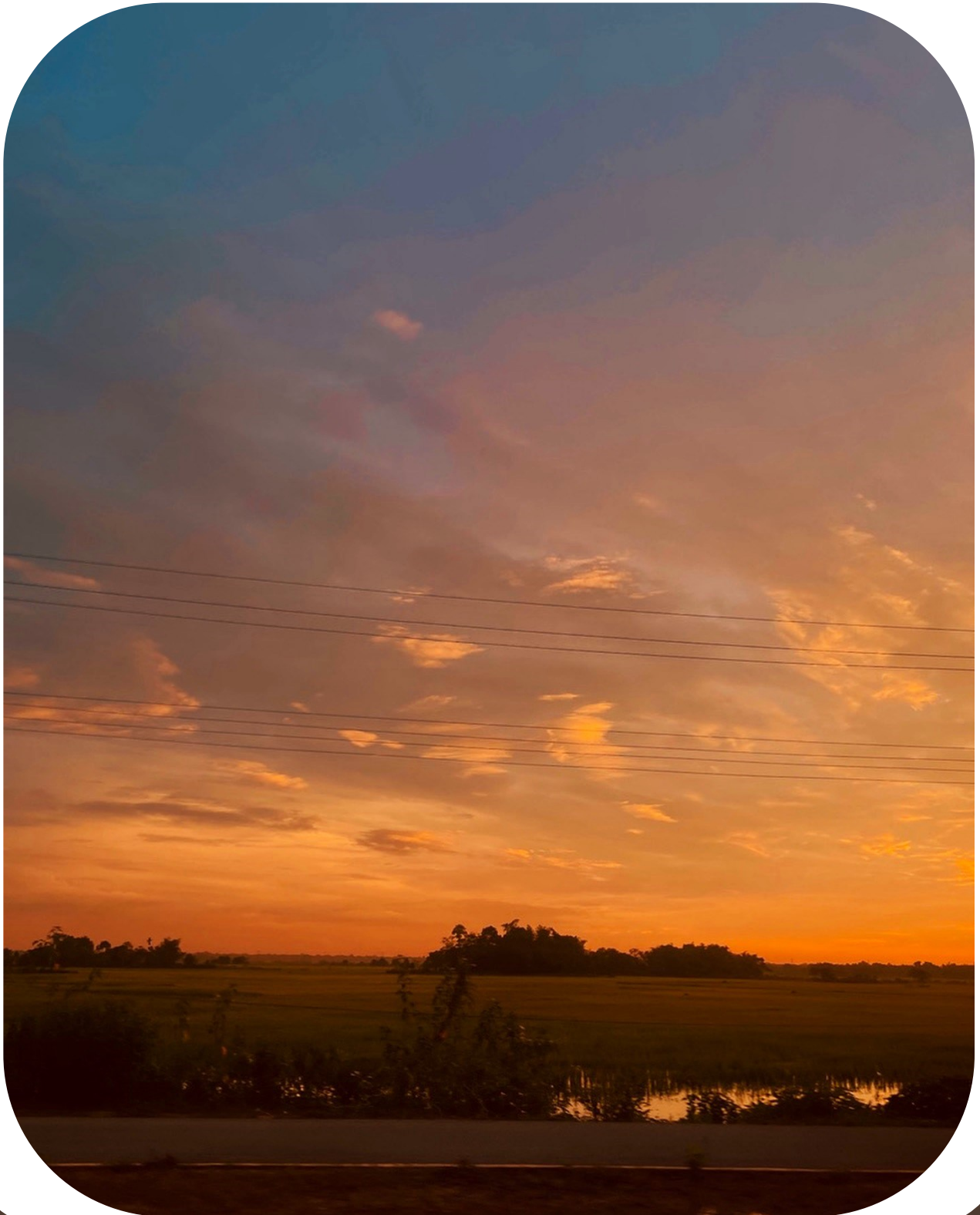
Photography

Dr. Reeta Bora, MBBS, MD,DM {Neonatology}
Professor and Head of Paediatrics and Neonatology,
Assam Medical College, Dibrugarh, Assam.



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Professor and Head of Paediatrics and Neonatology,
Assam Medical College, Dibrugarh, Assam.



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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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.

SUPERMARKET

As the transparent doors slide
And elegantly inward I glide
A feast of products.....
A pompous outburst
Awaits me.....

At the very entrance
There's a fruity fragrance
Litchis and plums
Bananas and melon
Fresh as they look
And make me feel young

Cherry tomatoes; sprouts
Gourds and roots
All promise me health
And give back my youth

At the cakes n chocolate corner
I linger a bit too longer
Suddenly my mom I remember
"Just pick one and don't loitre....."

Condiments and Spices
Wait for their turn
If you do miss them
You'll surely return

Grocery and toiletry
It never gets over
Despite all you buy
There's always something better

With a trolley nearly full
As I wait at bill counter
Did I really need all that?
I cant help but ponder

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.

WHITE COLLARED HOUSE- WIVES

Yes there are.....
They are indeed
The ? "Fortunate" ones
Or should I say" not"
For they live in
Cosy habitats
Unexposed to worldly vibes
These white collared wives

In protected environs
Dreams all bygones
No deadlines no CRs
No pressure no late marks

Never do they earn
Only do they spend
Hardly ever perspire
Very beginning they retire
Their hearts are well paced
Cause they hardly ever raced

Their clothes are spic n span
No wrinkles and no tan
No racing for a dime
Whole day is" Me Time"

But is this life worth living
Only receiving never giving
No hope no desire
No need to go any higher

So be it
Its all "His" wish
But gratitude is one....
White collared wives need
cherish....

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.

Homemade noodles, healthy atta noodles



Ingredients:

For the noodles:

- 2 cups of wheat flour
- A pinch of salt
- Water, as needed for kneading a soft dough

Ingredients for the noodle tadka:

- 1 onion, thinly sliced
- 1 capsicum (bell pepper)
- 1 cup of sweet corn
- 1 cup of carrots
- 1 cup of spring onions
- A few cloves of garlic and any additional vegetables of your choice

Spices and condiments:

- Maggi masala, red chili powder
- 1 teaspoon of soy sauce
- 1 teaspoon of vinegar
- 2 teaspoons of tomato ketchup

Preparation steps for the noodles:

Begin by boiling 7-8 cups of water. Once the water reaches a rolling boil, use a chakli maker to form the noodles from the prepared dough, adjusting the thickness by changing the plates of the chakli maker. Lightly grease the chakli maker with oil. Allow the noodles to boil for 8-10 minutes. After boiling, strain the noodles and immerse them in cold water for an additional 6-7 minutes to prevent stickiness.

Preparation steps for the noodle tadka:

- In a pan, heat some oil and add crushed garlic. Once the garlic is golden, incorporate the sliced onions and sauté until they are translucent. Next, add the remaining vegetables and cook until tender. Season with salt, soy sauce, Maggi masala, and red chili powder. Finally, mix in the boiled noodles along with all the sauces: soy sauce, vinegar, and tomato ketchup. Garnish with spring onions and crushed garlic before serving. Enjoy your meal!

Photography: Dr. Sudhir Sarkar



Next issue in October 2024

I am pleased to announce to release the 54th issue of Reflections! Please save the date, as the next issue is scheduled for release in October 2024. I extend a warm invitation to all medical professionals engaged in extracurricular activities to share their contributions with me. If your submission aligns with our quality criteria, it may be featured in our e-magazine.

I kindly request that you participate in this exciting initiative by submitting your materials in Word format, accompanied by high-resolution images. Additionally, please include a personal photograph, information about your workplace, and your email address. To ensure your submission is considered for the upcoming issue, please ensure it is received by September 15th, 2024.

Your feedback is invaluable! I am eager to learn your opinions regarding Reflections. What are your thoughts on the publication? How might we enhance it further? Whether your feedback is positive or offers constructive criticism, I encourage you to share your insights with me. If you provide feedback, I will ensure it is included in the next edition of Reflections. Please feel free to contact me at reflections2020@hotmail.com. Thank you for your support, and I look forward to hearing from you soon.

Dr. Viral Parekh.