

55th. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
OCTOBER 2024, VOLUME V, ISSUE 10



Wish you all a very happy Navratri, Durga Puja and Deepawali

Photography: Dr. Viral Parekh

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Volume: 5

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October 2024

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AI generated image

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Happy Deepawali: AI generated image

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Special points of interest:

- **Fiction:** Silence the truth : Dr. Viral Parekh
- **Photography:** Dr. Sushanta Bhadra, Dr. Debabrata Sanyal, & Dr. Viral Parekh.
- **Poems:** Dr. Rohini Patil.
- **Culinary Arts:** Modak: Dr. Ritu Lokhande.

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Radiologist's Musings - Dr. Viral Parekh

Hello! Namaste, I'm delighted to present the 55th. edition of Reflections. First and foremost, a very happy Durga Puja, Navratri and Deepawali to everyone.

Durga Puja is a yearly celebration honouring the Hindu goddess Durga and commemorating her triumph over the buffalo demon Mahishasura.

Dussehra, also referred to as Vijayadashami, is a significant Hindu festival celebrated annually at the conclusion of Durga Puja and Navaratri.

The celebration of Vijayadashami varies across the Indian subcontinent, with different interpretations and traditions. One of the central themes of this festival is the celebration of Lord Rama's triumph over the demon king Ravana.

Diwali, known as the festival of lights in Hindu culture, represents the triumph of light over darkness, goodness over malevolence, and wisdom over ignorance. This vibrant celebration is linked to numerous religious stories, deities, and historical figures, notably marking the return of Lord Rama to Ayodhya with his wife Sita and brother Lakshmana after vanquishing the demon king Ravana.

The idea of good conquering evil is a prominent theme found in numerous cultures and religions globally. This narrative strikes a chord with fundamental human values and the shared pursuit of justice. In Hinduism, this victory is commemorated during Dussehra, a festival that celebrates Lord Rama's defeat of the demon king Ravana, representing the success of virtue over vice and truth over deception. The tale of Dussehra serves as a compelling reminder that, regardless of the obstacles and temptations faced, goodness ultimately triumphs. This theme extends beyond mythology, influencing daily life and inspiring individuals to uphold righteousness and integrity amid challenges. Celebrating such festivals acts as an annual reaffirmation of the moral and ethical standards vital for a healthy society.

I have also written a short novel published in this issue that illustrates the triumph of good over evil. In this tale, the main characters are everyday individuals who lack any superhuman powers to combat the corruption and crime that plague our society. However, they possess an unwavering determination to confront the wrongs around them. These ordinary heroes are ready to put their own safety on the line for the greater good. They embody the bravery needed to confront the darkness. Just like them, you and I can also stand up against the evils in our world. All it takes is courage and passion.

I want to extend my thanks to Dr. Sushanta Bhadra, Dr. Rohini Patil , Dr. Ritu Lokhande, Dr. Debabrata Sanyal & Mr. Debabrata Sarkar for their contributions that made this issue possible. I am sincerely grateful to each and every one of them.

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Music : F Major Scale



The F Major Scale: A Melodic Exploration



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

The F major scale stands as a fundamental element in music theory, presenting a rich and melodious array of notes that have captivated musicians and audiences for ages. It consists of seven unique notes: F, G, A, Bb, C, D, and E, adhering to the traditional major scale formula of whole and whole steps, concluding with a half step that provides a pleasing resolution.

This scale is distinguished by its single flat, Bb, which introduces a gentle quality to the otherwise bright and vibrant essence of the major scale. It evokes images of sunny afternoons and hopeful new beginnings, frequently employed in compositions to express feelings of happiness and reassurance.

In the realm of music theory, the F major scale is of great significance. Each note within the scale is assigned a specific technical name, indicating its role and position. From the tonic, F, to

the leading tone, E, every degree contributes to the scale's unique sound.

The allure of the F major scale extends beyond its auditory appeal; it also showcases remarkable versatility. This scale can be divided into tetrachords, or four-note segments, which facilitates a deeper comprehension of its framework and the formation of chords within the F major key.

Images generated by AI

Silence the Truth



A medical doctor stumbles upon a dangerous secret involving powerful people with a dark agenda, and they will stop at nothing to keep their secrets buried. Can the doctor expose the truth before it's too late?

Viral Parekh

2024

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Silence the Truth

In the following pages, you will start a journey through the complexities of human nature. This novel is more than just a story; it explores the ongoing struggle between good and evil - a theme that is both ancient and ever-relevant. The characters you will encounter represent our greatest fears and hopes. They exist in a world where the difference between right and wrong is very subtle, and every decision can lead to either salvation or downfall. As you read on, may you find the strength to confront your own challenges and the insight to see the truth in a world full of deceptions. Welcome to a story of bravery, sacrifice, and the unbreakable human spirit. Welcome to the quest for justice.

Dedicated to my family - my biggest strength & weakness.

I would like to express my gratitude to my college classmates & dear friends Dr. Sushanta Bhadra, Dr. Dibyendu Banerjee, Dr. Manisha Khanna, Dr. Jayanta Chatterjee and Dr. Adit Dey for reviewing the novel's manuscript and providing helpful suggestions. I'm also thankful to Dr. Kanchan Pathak for arranging for the artist Debabrata Sarkar, who created some illustrations for this novel.

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Silence The Truth: Chapter One

The final morning of August in Jyoti East, a suburb of Ishwarpur, unfolded with a typical scene: overcast skies, a gentle drizzle, and a sticky humidity that clung to the air. For many, Ishwarpur is the city of dreams; they come here with lofty expectations and aspirations. It is a city of contrasts, with skyscrapers coexisting with slums, glamour and poverty mingling, and plenty of chances and challenges. Ishwarpur is a city that never sleeps and is constantly teeming with activity and enthusiasm. It is a city that celebrates life and resiliency, embraces diversity and culture, and extends a warm welcome to all.

When gastroenterology expert Dr. Vijay Salgaocar, a doctor by profession, woke up and peered out of his bedroom window, he typically found an excuse not to go for his morning walk because it was drizzling outside.

Additionally, he observes that Malavika, his wife, was neither in the room nor the bathroom. Deducing that she must be in the kitchen making tea, he knew that he would be called shortly. In order to complete his morning rites, he dashed to the loo.

As he brushed his teeth, he gazed into the mirror, feeling a wave of sadness wash over him as he noticed the rapid signs of aging. In his early fifties, he once prided himself on being fit and attractive, but now he found himself slightly overweight, a mere shadow of his former self. His clothes hung loosely on him, his complexion was pale and sagging, and his hair had thinned out, turning a dull grey. Dark circles under his eyes hinted at years of sleepless nights. He looked older than his years, as if the spark of life had dimmed within him. The relentless stress and demands of his career and social life had clearly taken their toll.

For more than twenty years, he had been a respected gastroenterologist, earning a solid reputation in his specialty. Like many esteemed physicians, he treated a diverse array of patients, from celebrities and politicians to police officers and rickshaw drivers. One thing he had learned was that patients often opened up to doctors about their lives and the various challenges they faced in their professions.

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Silence The Truth: Chapter One

He had a deep understanding of how the underworld intertwined with the film industry. Numerous films were financed with money obtained through illicit means, and even the selection of the cast was often dictated by underworld figures. Many of the so-called "superstars" of the film world were actually creations of these criminal masterminds. Directors frequently found themselves pressured to include certain actors, regardless of their own preferences. The industry was rife with issues like the casting couch, substance abuse, and various other challenges. Gay filmmakers and producers often sought out actors who would comply with their demands, while even heterosexual male actors sometimes made compromises to secure significant roles. Despite its many shortcomings, this industry thrived, providing entertainment to people from all walks of life. Nevertheless, there were still many talented individuals within it, producing high-quality music and noteworthy films. However, Vijay had largely distanced himself from this world; he had stopped watching movies nearly ten years ago.

Vijay often pondered who held the title of the most corrupt. Was it politicians? Law enforcement officials? Medical professionals? Attorneys? Or perhaps real estate developers? He leaned towards the belief that realtors topped the list of corruption. The presence of unscrupulous realtors poses a serious challenge in the housing market. They resort to questionable tactics to trick buyers and sellers into overpaying or under-receiving. They might misrepresent a property's condition, exaggerate its appraised value, hide defects, or impose undisclosed fees. Additionally, they could collude with other realtors, lenders, or inspectors to distort the market. The actions of corrupt realtors can shatter your dreams of homeownership or lead to significant financial losses on your investment.

Vijay recognized the pervasive corruption within the medical field. Most hospitals and diagnostic centers are run by entrepreneurs who view healthcare primarily as a business venture. While there are some benefits to having business entities invest in hospitals—such as their willingness to take risks and inject substantial capital needed for modern healthcare facilities—this comes with its own set of challenges. When a hospital turns a profit, investors see a return; however, if it fails to generate income, they face considerable financial setbacks.

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Silence The Truth: Chapter One

This has led to the closure of numerous hospitals due to overwhelming losses. It takes a certain boldness to navigate these risks, and it is often only business leaders who are willing to do so. Moreover, investing in healthcare can yield positive outcomes for society and the economy by enhancing the health and productivity of the population.

Historically, hospitals did not have marketing departments, but today, nearly every hospital has one. They set specific goals for their marketing teams, such as increasing the number of CT scans by 50 and surgeries by 20 within a month. In these profit-driven institutions, doctors often find themselves reduced to mere tools. Financial officers manipulate accounts to divert funds, while purchasing agents seek kickbacks for their orders. The theft of expensive medications and injections has also become a widespread issue in hospitals. Additionally, many healthcare workers, including doctors, nurses, and support staff, engage in extramarital relationships within the hospital environment. Consequently, hospitals are starting to reflect the darker aspects of society at large. Nevertheless, just like in any other sector, there are dedicated individuals who strive to make a positive impact, such as Dr. Vijay Salgaocar.

Dr. Salgaocar was recognized for his straightforward and forthright demeanour, which occasionally created friction with hospital administrators and colleagues. He had a knack for delivering unvarnished diagnoses and opinions, expecting his patients to adhere to his guidance without hesitation. His philosophy was rooted in the belief that honesty was paramount, even if it stung. Unafraid to confront authority or challenge conventional practices, he often expressed his thoughts candidly, regardless of potential repercussions. While he garnered a devoted patient base who valued his candor and skill, he also faced criticism from those who perceived him as arrogant and lacking empathy. Ultimately, he remained indifferent to others' opinions, focusing solely on performing his duties effectively and saving lives.

Honesty and directness are admirable traits, yet they can lead to complications when interacting with those who are sly and manipulative. He had a strong

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Silence The Truth: Chapter One

disdain for individuals who deceive, cheat, or distort the truth for their own gain, often treating others as mere pawns. Lacking the skills to navigate the cunning personalities surrounding him, he frequently found himself taken advantage of.

Malavika, his beloved wife, was the one person who truly grasped the essence of who he was. Their marriage had flourished for over 24 years, built on a foundation of deep understanding, mutual respect, and unwavering love. In stark contrast to his more outspoken nature, she was a gentle soul, rarely voicing her thoughts even when provoked. She mastered the art of diplomacy—something he never bothered to learn. She was his steadfast support, and he took comfort in knowing that she, along with their two daughters, would always stand by him, no matter the circumstances.

Malavika was a woman in her middle years, radiating tranquility and elegance. With her poised demeanour and warm smile, she had an inviting presence that drew people in. Her wardrobe reflected her refined taste, always stylish yet understated. She spoke softly, choosing her words with care, and was an attentive listener. Well-versed in literature and passionate about art and culture, she possessed a charm that could captivate anyone with her grace and kindness.

Vijay was a devoted father who would go to any lengths to safeguard his daughters. His college-aged girls meant everything to him, and he had given up so much to ensure their happiness and security. He toiled tirelessly to create a nurturing home, provide them with quality education, and foster a loving atmosphere. He instilled in them the values of kindness, honesty, and respect. Through every high and low, every triumph and setback, he stood by their side, supporting their aspirations and comforting their worries. His pride in them was immense, and his love for them was boundless.

Dr. Vijay Salgaocar was not only a skilled physician but also a gifted painter. His straightforward and honest nature often led him into uncomfortable situations, as he preferred to speak his mind rather than adhere to political correctness, which left him feeling disheartened and frustrated. Yet, each evening, he found solace in his art, allowing his brush to wash away the burdens of sorrow and despair.

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Silence The Truth: Chapter Two

As he brushed his teeth, a whirlwind of thoughts surged through his mind. He quickly brushed aside worries about how he looked. He recognized that with age comes visible changes in appearance, health, and perspective. However, there's no reason to feel disheartened! Aging is a natural and inevitable journey that brings with it a wealth of benefits and joys. There's no shame in getting older; in fact, it's something to celebrate and take pride in. Each year adds to the rich tapestry of your life, shaping you into the unique individual you are today. You've gathered wisdom, skills, and cherished memories that set you apart and make you fascinating. Moreover, you've made meaningful contributions to the world and touched countless lives. So, ignore anyone who suggests you're too old or too young for anything. Embrace who you are; you are just right as you are.

He leisurely brushed his teeth, his mind swirling with a flurry of thoughts. Moments later, his wife called out from the kitchen, "Vijaaaaaay, come join us for tea!"

He made his way to the dining place, where his wife and daughters were gathered for their tea time. He had always adored Darjeeling tea, a distinguished black tea known for its unique muscatel flavor and floral scent, influenced by the region's climate, soil, and altitude. Renowned for its exceptional quality, Darjeeling tea is often dubbed the "champagne of teas." It is crafted from whole leaves of the tea plant, which undergo a process of withering, rolling, and oxidation.

With the first sip of his beloved tea paired with his favorite Cream Cracker biscuits, he felt rejuvenated and prepared to tackle another busy day. After sharing a few light-hearted conversations with his wife and daughters, Dhriti and Madhavi, he began his search for the newspaper he always read before his morning shower. He used to subscribe to an old local paper but had stopped its subscription due to its toxic and biased reporting. Now, he opted for a different publication that was somewhat less prejudiced, though not entirely free from flaws. He had come to terms with the reality that yellow journalism was prevalent; the only difference was shades of yellow.

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Silence The Truth: Chapter Two

As he flipped through the newspaper, one headline stood out to him: **"The officer who vanished from The Heritage Museum."**

The Heritage Museum, a sprawling establishment located in the center of Ishwarpur, is among the oldest and largest museums in the nation. It boasts an impressive array of rare artifacts valued in the billions, including antiques, weaponry, decorative items, fossils, skeletons, mummies, and exquisite artworks.

The museum is organized into nine distinct sections, featuring 47 galleries that showcase a rich tapestry of cultural and scientific treasures. These include Indian art, archaeology, anthropology, geology, zoology, and economic botany. Within these galleries, visitors can find a wealth of rare and unique specimens from both the humanities and natural sciences. Notably, the art and archaeology sections are home to collections of international significance. The museum operates as an independent entity under the Ministry of Culture.

Aside from sports news, he seldom read through the entire newspaper. Yet, he found himself engrossed in an article that reported, "A high-ranking official from The Heritage Museum has been missing for a week, with friends suggesting it may be linked to the scams he reportedly uncovered. His family has approached the High Court to request an inquiry by the investigative bureau." The piece also featured a photograph of the missing individual. He remembered that this person had visited him just days earlier, complaining of abdominal pain.

From a young age, he possessed an exceptional memory. Names, faces, dates, and facts were all easily retained in his mind. However, it wasn't until he became a doctor that he truly appreciated the value of this ability in his profession. Each month, he treated hundreds of patients, each with unique medical histories, symptoms, diagnoses, and treatment plans. Some were familiar faces, while others were new or referred by colleagues. Yet, he managed to remember most of them - recalling their names, diagnoses, medications, allergies, preferences, concerns, and aspirations.

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Silence The Truth: Chapter Two

He immediately remembered the patient's name: Mr. Anil Pathak. This individual often voiced concerns about abdominal discomfort and seemed quite anxious. During his initial visit, a clinical examination revealed no apparent issues. Nevertheless, to eliminate any serious underlying conditions, he recommended a stool test, an ultrasound, and several blood tests. He advised Mr. Pathak to wait a week for the results. When Mr. Pathak returned after a week, the test results were all normal. Dr. Salgaocar then asked about his health status, to which Mr. Pathak reported worsening pain. This left the doctor puzzled, as the normal results from the clinical exam, blood tests, stool tests, and ultrasound suggested otherwise. It soon became clear that Mr. Pathak was dealing with irritable bowel syndrome, or IBS.



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Silence The Truth: Chapter Two

Irritable bowel syndrome (IBS) is a condition that affects the communication between the gut and the brain, presenting a variety of symptoms such as abdominal discomfort, bloating, and alterations in bowel movement consistency. These symptoms can persist for extended periods, sometimes spanning years. IBS can significantly diminish one's quality of life, leading to missed days at school or work and decreased productivity. Additionally, individuals with IBS often experience related issues like anxiety, major depressive disorder, and chronic fatigue syndrome.

He seemed more anxious than during his previous visit, prompting Dr. Salgaocar to offer some advice. He reassured him that the abdominal pain was linked to stress and not indicative of any serious health problems. Dr. Salgaocar then asked if there were specific concerns that were heightening his anxiety. The patient immediately began to speak, eager to express his emotions.

He presents himself as a Master of Science in Chemistry, hailing from Uttar Pradesh, where he earned his degree from Hindu University. Currently, he oversees the Conservation Laboratory, ensuring that the Heritage Museum's artifacts receive timely chemical treatments, restorations, and preservation efforts. His role also includes offering technical support and assisting the director in the preventive care of the museum's diverse collections. Additionally, he coordinates and manages all matters related to conservation and preservation. At present, he serves as a heritage conservation scientist at the Heritage Museum.

Recently, he completed the chemical treatment and preservation of monuments and antiquities in the Ishwarpur area, working under the guidance of the Archaeological Survey. His responsibilities included drafting technical studies on these monuments and executing the chemical treatment and preservation tasks according to the approved plan from the Archaeological Survey's Science Branch.

He continued by mentioning that he is a bachelor residing in Ishwarpur with his brother and sister-in-law close to Caves Road in Jyoti East. Dr. Salgaocar was already aware of his age: 37 years.

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Silence The Truth: Chapter Two

He then spoke softly, "I need to share something delicate with you." Dr. Salgaocar, intrigued, reassured him that he had nothing to fear and could freely discuss his concerns. The man disclosed that the artifacts displayed at the Heritage Museum were not authentic but rather inexpensive replicas. The genuine pieces had been stolen and sold to private collectors, while the fake displays deceived the public. He asserted that he possessed proof of the thefts and that museum staff, along with high-ranking officials, were in cahoots with politicians. This revelation had shocked the employees of the Heritage Museum, and as the head of the conservation department, he had previously confronted the suspects openly. He also mentioned that these individuals had been threatening him with dire repercussions.

Dr. Salgaocar quickly pinpointed the cause of his irritable bowel issue. He found himself questioning why the patient was divulging such personal details. Perhaps it was because he had heard that Dr. Salgaocar was known for his integrity and his unconventional views. Intrigued by the case, Dr. Salgaocar realized he had already spent about 35 minutes with the patient, and with others waiting, he suggested that Mr. Anil Pathak return on Saturday at 2:00 pm after lunch. He explained that he dedicates two to three hours on Saturdays to his academic work rather than seeing patients. However, upon discovering their shared values of honesty and political incorrectness, he decided to make an exception for this patient.

As Dr. Salgaocar drove home, he pondered the changes in the world around him, reflecting on its harshness and decay. He also questioned the authenticity of the patient's story, wondering if it was genuine or crafted for political gain or other hidden agendas.

He stopped dwelling on the patient when he was with his family. He strongly believed that a patient's identity, medical history, and personal information should remain confidential. Therefore, he kept the story of Anil Pathak to himself, never mentioning it to anyone at home.

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Silence The Truth: Chapter Two

After enjoying a light dinner of his favorite boiled vegetables, he headed to bed. The next morning, he fell back into his usual routine. As always, Friday was filled with hospital duties and patient appointments.

On Saturday, the following day, he experienced a whirlwind of a morning and had lunch at his usual hour. After finishing his meal, he dove into his studies. So engrossed was he in his work that he completely lost track of time and forgot about his invitation to Mr. Anil Pathak. As the clock approached five o'clock, he decided it was time to pack up and head home. Just as he was gathering his things, he heard urgent knocks on his door. He called for the person to come in, and there stood Anil Pathak, visibly distressed. Dr. Salgaocar suddenly remembered that he had asked Anil to arrive at 2:00 pm. Puzzled by the delay, he wondered what could have happened. Without much preamble, Mr. Pathak said, "Doctor Saab, I'm in a hurry; I'll come back after I make an appointment." He then handed over a bag containing several reports, explaining that he had been hospitalized for a day due to chest pain. With that, he quickly left the room at the Multispecialty hospital.

Dr. Salgaocar quickly exited his room, eager to host friends on this Saturday evening.

Dr. Vijay Salgaocar stands out by challenging societal expectations and adopting a persona that some might deem politically incorrect. His unconventional and sometimes provocative opinions haven't hindered his ability to cultivate a wide circle of friends. With a captivating personality, Vijay effortlessly attracts others, thanks to his innate charm and humor that make conversations lively, even when tackling sensitive subjects.

Vijay is a considerate listener and a warm-hearted person who values relationships over material possessions. He enjoys hosting dinner parties and gatherings for his friends.

A week went by, and his incredibly busy schedule kept him from reviewing Mr. Anil Pathak's reports. He remembered that he needed to check his medical reports. However, he figured that Anil would be stopping by again soon, so he planned to go over the reports when he arrived.

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Silence The Truth: Chapter Three

After a week, he stumbled upon a newspaper article about Mr. Anil Pathak. A flood of thoughts surged through his mind. He decided he needed to rush to the hospital to delve into Mr. Pathak's findings. As he hurriedly prepared to leave, his wife asked why he was in such a frenzy. He explained that there was an emergency at the hospital that required his immediate attention. He sped through the streets to the hospital, a feat made even more impressive by the notorious traffic in Ishwarpur. He has been working at a well-known hospital in Jyoti West and managed to make the trip in under ten minutes.

Upon arriving, he discovered a bag containing Mr. Anil Pathak's medical reports in his hospital room. Mr. Pathak had been admitted to another facility in Jyoti West due to chest pain. The cardiologist had requested several tests, including Trop T, ECG, Echocardiography, and CT Coronary angiography, all of which returned normal results. He realized that his own chest discomfort was likely stress-related. While sorting through the reports in the bag, he found a USB pen drive tucked away at the bottom. He suspected it contained images from the CT Coronary angiography, which he didn't fully understand. Curiosity piqued, he decided to check its contents and plugged the pen drive into his laptop.

Upon opening the folder on the pen drive, he stumbled upon a trove of sensitive materials, including images, photocopies of documents, and several videos related to the museum's historic artifacts, which had been replaced with inferior replicas. Anil Pathak had laid bare all the details about those behind this despicable act. He included a wealth of photographs and recordings that captured the treasures being illicitly removed from the museum.

Among the files was a Word document that he opened to reveal a message directed to him, Dr. Salgaocar. The note warned him of the deadly nature of the individuals involved and implicated politicians in the antique smuggling operation. It suggested that high-ranking officials at the museum were acting under the orders of a minister from the ruling party. The message conveyed a sense of urgency, indicating that his life was in danger, and advised him to reach out to his brother, Shivraj, whose contact number was included. The letter concluded with a personal note: "Dr. Saab, I have heard of your reputation as a courageous and principled individual, which is why I am entrusting this information to you."

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Silence The Truth: Chapter Three

Dr. Salgaocar suddenly felt a powerful thudding in his chest. Tension and anxiety washed over him, accompanied by unsettling palpitations. He took a moment to gather his thoughts, weighing his choices. Should he keep quiet and conceal his knowledge, or should he share the evidence with someone he could trust? As he pondered, it dawned on him that trust was a luxury he could not afford; if they could make Mr. Anil Pathak vanish, he could easily be next.

He resolved to call his closest ally, his wife, to let her know he would be home soon, opting to skip work for the day. Once at home, he laid out the entire situation to her. With her wisdom, she quickly urged him to steer clear of the matter and to keep it to himself. Dr. Salgaocar had little appetite for lunch, but he forced himself to eat before dozing off on the sofa in the living room. After a brief nap, he decided to reach out to Mr. Anil Pathak's brother, Shivraj.

He descended the stairs and made his way to a garden close to his house, where he called Mr. Shivraj. He discovered that Shivraj was at his residence on Caves Road, Jyoti East, and without hesitation, he hopped into an auto rickshaw to head to Shivraj's home, eager to uncover what had transpired with his patient, Mr. Anil Pathak. Although he sensed that his actions could lead to complications, his natural inclination for honesty drove him to check on Anil.

Upon arrival, Anil's brother Shivraj led him into the drawing room of a modest 2 BHK apartment situated on the ground floor of an aging, rundown building. To ensure their discussion remained private, Shivraj promptly shut the window. Dr. Salgaocar inquired about the situation, and Shivraj recounted the events in order. Dr. Salgaocar was already aware of the three occasions when Anil had visited him: the first on August 14th, the second on August 21st, and the final visit on August 23rd.

On August 22, the roof of the Heritage Museum's fifth floor caved in, resulting in damage to valuable antiques. Anil captured images of the destruction and decided to send them to the ministry. However, other officials requested that he delete the photos, leading to a heated dispute. Later that day, the 37-year-old went to Jyoti West hospital for a check-up due to chest pain. The cardiologist recommended that he be admitted for a comprehensive evaluation.

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Silence The Truth: Chapter Three

August 23:

The hospital conducted a series of tests to investigate the cause of the chest pain, but all results came back normal. He departed from the hospital around four in the afternoon. Later, at approximately 5 p.m., he went to Dr. Salgaocar's clinic, bringing along the reports and a pen drive. This indicated that he had gone straight to the clinic after leaving the hospital.

August 24:

Anil took a sick day and stayed home instead of visiting the Museum. He spent the entire day indoors. In the evening, he told his brother that he was stepping out for a walk and would return in about 30 to 40 minutes. Dressed casually and with just his wallet, he left his phone behind, along with a half-finished book resting by the window and some medication, suggesting he intended to enjoy a relaxed stroll.

However, he did not return, which caused his brother to grow increasingly worried. Shivraj reached out to Anil's friends, but none of them knew where he was. He even checked the nearby park but found no sign of him. Fearing that Anil might have suffered a cardiac arrest and been taken to a hospital by strangers, Shivraj searched all the hospitals in Jyoti East and West, hoping to find Anil resting in one of the beds, but to no avail. Given his knowledge of office politics, Shivraj began to suspect that something more sinister might have occurred.

August 25:

The family was deeply troubled by his sudden disappearance, prompting them to visit the police station to file a general diary.

August 26:

Shivraj took the next step by filing a report with the missing persons unit at the police headquarters.

August 27:

Shivraj also reached out to the museum director, Mr. Krishnan, to file a complaint regarding the situation.

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Silence The Truth: Chapter Three

August 30:

Seven days after Anil went missing, the police finally filed a First Information Report, stating that “unknown individuals have kidnapped” him.

August 31:

The story made headlines in the newspapers. Dr. Salgaocar came across the article in the morning, and by evening, he found himself at Shivraj's home, absorbing the unfolding details.

Shivraj revealed that Anil was a whistleblower, fiercely opposing corruption, especially concerning counterfeit artifacts. A colleague noted that Anil consistently challenged scandals and mismanagement.

Anil chaired a commission investigating the suicide of an employee who had raised concerns about the fraudulent painting scandal.

According to a senior museum official, when contracts for rehabilitation or restoration were awarded to various companies, vast sums of money changed hands. Mafia groups associated with the ruling party often purchased these contracts and were not fond of being questioned, a stance Anil took. His vocal opposition to higher-ups may have led to his disappearance.

He might have had multiple enemies, one of whom could have abducted him, even though no ransom was ever requested.

Anil had declared his plan to apply for the role of deputy director, but he was under significant pressure from higher-ups to back down. When he stood his ground, it's possible he was eliminated and silenced.

Dr. Salgaocar was taken aback and worried by the recent developments. After regaining his composure, he reassured Shivraj before leaving his home. He caught an auto-rickshaw to return to his own place. The nighttime traffic was dense, complicating his journey. As he frequently glanced in the rearview mirror, he noticed a motorcycle trailing closely behind the auto-rickshaw, oblivious to the fact that the rider was following him.

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At home, he recounted the entire ordeal to his wife, Malavika, who was livid about his visit to Anil's house and the mess he had landed in. She reminded him that their daughters were still in college and that he had numerous social responsibilities to attend to. Moreover, he was the sole support for her and their girls.

After dinner, he headed to bed, determined to put the incident behind him and concentrate on what he excelled at - his medical career.

The next morning, he awoke with a fresh commitment to prioritize his medical practice and avoid unnecessary distractions. As was his routine, he left the house at 8:45 a.m. to head to the hospital. To his dismay, he noticed the same biker tailing him again while he drove. Fear gripped him, but he pressed on. Upon arriving at the hospital, he was alarmed to see the biker had followed him right to the entrance.

All day long, he found himself consumed by practice, yet thoughts of Anil and the biker lingered in his mind. Upon returning home, he shared with Malavika that a motorcycle had been following him. For the first time, she showed signs of distress and quickly informed their daughters. The family gathered to discuss the situation, weighing the potential consequences and brainstorming ways to navigate this troubling predicament. They decided that Dr. Salgaocar should heed the advice of one of his patients, the Deputy Commissioner of Police. DCP Pawar was known for his friendly demeanour, and Vijay felt confident he could provide the support they needed. With a sense of relief, they all went to bed, hopeful that DCP would come to their aid.

The following morning, around 7 a.m., he reached out to DCP Pawar, who greeted him warmly. He expressed his wish to meet with DCP and asked if he could stop by his house before heading to the hospital. DCP agreed and shared his address, prompting him to set off immediately. While enjoying a cup of tea at DCP's home, he recounted the entire ordeal involving Anil Pathak, the motorcycle, and the pen drive. DCP reassured him that he and his family would be safe. He requested the pen drive, to which Dr. Salgaocar replied that it was in his hospital office and would be delivered shortly. DCP mentioned he would collect the pen drive when he arrives to the hospital for his wife's checkup at 11 a.m. As he left DCP's house, Dr. Salgaocar let out a sigh of relief.

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Upon his return to the hospital, the first thing he did was head straight to his desk drawer, where he had stored the pen drive. To his utter dismay, it was missing! A chill ran through him as he felt the tremors in his hands, causing him to slump into his chair. Just then, hospital staff entered his room, informing him that the patient was prepped and waiting on the endoscopy couch for the procedure. With a heavy heart, he made his way to the endoscopy room. After completing several procedures, he returned to his room and noticed it was around 11:30 a.m. Suddenly, there was a knock at the door, and DCP walked in. A wave of relief washed over him as he explained that the pen drive was nowhere to be found.

DCP shot him a serious, startled look and ordered him to locate it, as it would be crucial for the investigation. It dawned on him that DCP's interest in the pen drive extended beyond mere investigation.

He was growing increasingly restless and requested a cup of black coffee to help soothe his nerves. Just then, the canteen attendant walked in with the coffee, accompanied by the OPD receptionist. She informed him that he had a VIP patient scheduled for the day. The patient had just called, asking for an urgent appointment. When Dr. Salgaocar pressed for details about the VIP, she revealed it was Mr. Mhatre, the Minister of Culture. The name struck a chord with Dr. Salgaocar immediately; Anil Pathak had mentioned him in the pen drive. Faced with the situation, Dr. Salgaocar had no option but to attend to this so-called VIP patient.

Mr. Mhatre, a labour union leader without a completed secondary education, was meant to advocate for the workers' rights. However, he was covertly colluding with industrialists, accepting substantial bribes in return for allowing reduced wages and extended working hours for his members. Despite his questionable actions, he maintained a following among certain workers and was elected as an MLA, eventually becoming the Minister of Culture. At approximately 2 p.m., two bodyguards entered Dr. Salgaocar's office, followed closely by Mr. Mhatre, who took a seat across from Dr. Salgaocar.

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Dr. Salgaocar asked, "What seems to be the issue, Minister Saab?" The Minister mentioned experiencing some mild gastrointestinal discomfort but assured there were no serious problems. However, that wasn't the main reason for his visit. He revealed that DCP Pawar had contacted him regarding a pen drive that Mr. Anil Pathak had handed over. Dr. Salgaocar quickly made the connections and regretted having confided in DCP. He realized he was in deep trouble. Politely, he told the minister that he couldn't find it but would thoroughly search all the drawers in his office again, hoping to uncover it and pass it along to him or DCP. The minister insisted that he must find it as soon as possible.



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Dr. Salgaocar once again cursed himself for his stupid forthrightness and inability to manage such scoundrels.

Lost in contemplation, he was jolted back to reality by the buzz of his phone. It was Malavika calling. She informed him that on their way back from college, the girls had spotted a group of menacing figures loitering near their home. As they approached, the thugs confronted them, issuing direct threats and insisting that they convince their father to hand over the pen drive. The atmosphere grew tense as it became clear that the goons were prepared to go to great lengths to achieve their demands.

These were the goons linked with the Mhatre that had a vengeance against their father, unbeknownst to them. The goons chose to attack the vulnerable young girls to send a message to their father, driven by resentment and seeking vengeance.

She went on to say that she had gone to the mall to pick up some household items, only to find herself being followed and threatened by an unknown person.

After the end of their conversation, he immediately reached out to his travel agent to secure tickets for his wife and daughters on the next flight to Eden, the capital of Zalonía. He then called his wife to let her know that they would be staying there for a while longer. When she inquired about the reason, he promised to explain everything later.

For self-defense, he purchased a taser, pepper spray, midazolam spray, and a scalpel on his way back home.

He returned home and shared all the details with his wife and daughters, letting them know that they would be departing for Eden the next morning at 3 a.m. thanks to their ten-year Zalonía multiple-entry visa. He also mentioned that Nalini, his wife's older sister, had already been informed.

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Malavika asked why he wasn't able to join them. He explained that he would be available in a week, as he had a full schedule of prior commitments. His agenda included endoscopies, therapeutic ERCPs, and various other procedures. He assured them that he would be with them as soon as he finished all his appointments next week. In addition to these tasks, he was eager to see the DCP and Mhatre case resolved. Although she understood the potential consequences of him staying in Ishwarpur, his wife chose not to argue, recognizing his dedication to his patients and his profession.

They all turned in early for the night, for the early morning flight. However, sleep eluded them, as anxiety and concern about the upcoming events kept everyone awake.

The alarm blared at 2 a.m., rousing everyone from their slumber as they prepared for their trip to the airport. By 2:45 a.m., they were all set and made their way downstairs to load the luggage into the car. Dr. Salgaocar took the wheel, as he always did. He relished the experience of driving, enjoying the sense of control that came with it. Even on days when he felt overwhelmed or tired, he never considered hiring a driver. He was confident in his driving skills, convinced that no one could match his expertise. With a sense of pride in his abilities, he ensured his car was always in top condition. As he turned the key in the ignition, he departed from the family home where they had lived for the past 23 years.

He took a quick look in the rearview mirror after driving about 50 meters and noticed a biker tailing them once more. Choosing to keep this to himself, he decided not to alarm his family about the potential danger. The journey to the airport took around 20-25 minutes, thanks to the clear roads. Once they reached the airport entrance, they began sorting their belongings onto three separate carts. As his loving wife and daughters made their way toward gate number 3 in terminal 2A, he was overwhelmed by a swirl of emotions.

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He felt a mix of relief and sadness as he watched them depart safely. Embracing them tightly, he wished them a smooth journey ahead. Despite his efforts to hold back the tears, a few escaped his eyes. He waved goodbye as they moved through the security checkpoint, fully aware of how much he would miss them. He silently hoped for their safe flight. His wife and daughters were in tears, grappling with the uncertainty of when they might reunite. He encouraged everyone to stay calm and maintain a positive spirit while traveling.

After bidding them farewell, he planned to go back to home with a newfound resolve. He noticed the biker tailing him again. This time, instead of fear, he felt a surge of determination to confront the situation. As he neared his house, he took a detour down a narrow path. The darkness enveloped them as the motorcyclist continued to pursue him. After about 20 meters, he decided to test his driving skills, executing a sharp 90-degree turn that sent the motorcycle tumbling. Without hesitation, he jumped out of the car and unleashed the pepper spray he had purchased just the night before into the assailant's eyes. The thug was momentarily blinded and struggled to rise, giving him the opportunity to deliver a few solid kicks to the miscreant's backside.



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As the goon writhed in agony, his eyes ablaze with discomfort, Dr. Salgaocar seized the moment. He swiftly retrieved a scalpel he had taken to carrying for emergencies and pressed it against the goon's neck. Dr. Vijay Salgaocar felt an unfamiliar shift within him, as if a dormant force had stirred, igniting a new-found sense of purpose. He became acutely aware of the malevolence surrounding him - the shadows teeming with darkness and the pervasive corruption that tainted the world. In that moment, clarity struck him: he had to confront this evil. Fear no longer held him captive; he was prepared to tackle whatever challenges lay ahead. He felt transformed, driven by an inner fire to combat the forces of darkness.

He questioned his own identity, the reason for his pursuit, and the master he served. If the truth didn't come forth, he would plunge the scalpel into his neck and sever his carotid artery. Deep down, Dr. Salgaocar understood that he could never bring himself to take a life; his entire existence had been devoted to saving others. Yet, the fear Dr. Salgaocar instilled was palpable, especially when he made a small incision on the thug's neck. Terrified for his own safety, the thug confessed that he was Rajan, working for the notorious Bada Angoor. He revealed that Angoor Bhai had ordered him to track Dr. Salgaocar's movements and report back. He explained that he was on night duty while another man was assigned to follow during the day, both riding the same motorcycle. He also disclosed that the day shift operative had sneaked into the hospital room, stolen the pen drive, and handed it over to Bada Angoor.

Bada Angoor, a seventh-grade dropout, took the reins of a trade union and became a staunch adversary of Minister Mhatre, with their rivalry spanning three decades. Angoor was affiliated with a political party that stood in opposition to Mhatre's. While Mhatre climbed the political ladder to become a minister by repeatedly besting Angoor in labour union elections, Angoor opted for a different path. He expanded his influence and carved out a reputation as an underground Don, surrounded by a loyal group of thugs who participated in various illicit activities.

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Angoor still maintained influence over certain factions of trade union activists. However, he harboured a deep-seated resentment towards Mhatre and was always on the lookout for a chance to settle the score. Aware of Mhatre's involvement in the illicit activities at the Museum, Angoor sought to gather evidence that would link him to the crimes. He also boasted strong connections with the media and various politicians, with journalists eager to keep Angoor in their good graces. Having obtained a pen drive containing incriminating evidence against Mhatre, Angoor was convinced that Dr. Salgaocar possessed crucial information that could further solidify the case against him, making it unassailable.

To sedate the motorcyclist, Dr. Salgaocar administered a dose of midazolam into his nasal cavity. Once the thug was incapacitated, he dragged him to a fitting location – a gutter. He also confiscated the man's cell phone. Furthermore, he transported the motorcycle to a nearby pond, submerging both the bike and the phone in the still waters. When he returned to collect his car, the troublemaker was peacefully asleep in the roadside gutter. With the cover of a pitch-black night, he had taken precautions to remain unseen.

Upon arriving home, he dozed off on the couch, aware that a long day awaited him when he woke up at eight in the morning. At the usual hour, he prepared himself and made his way to the hospital. Back in his hospital room, he contemplated how to extricate himself from the clutches of DCP Pawar and Mhatre. Thoughts of eliminating them crossed his mind. Yet, almost immediately, his inner physician protested, questioning, "How can you take a life?" A fierce internal battle ensued between his furious conscience and the doctor within, debating whether he should eliminate these villains.

He recalled the conversation that took place between Krishna and Arjun. On the battlefield of Kurukshetra, where the Pandavas and Kauravas were preparing for battle, Krishna, the supreme deity and Arjun's charioteer, addressed Arjun. Krishna conveyed to Arjun that:

**कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि॥**

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"You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction."

This passage captures the core of Krishna's teaching to Arjun, urging him to carry out his responsibilities without being attached to the results, recognizing that the outcomes are not entirely in his hands. Meanwhile, he was acutely aware that he was neither Arjun nor brave enough to take a life. He drifted back into contemplation.

Suddenly, it struck him that he had a Cloud Drive account, which automatically saved everything from his laptop, including data from a pen drive. Upon opening his laptop, he found that all the information shared by Anil Pathak—photos and videos—had been securely backed up. He quickly created a pen drive to transfer the files. Without delay, he called DCP Pawar to inform him about the pen drive he had discovered and expressed his intention to hand it over. Pawar assured him he would be there in thirty minutes. Additionally, Dr. Salgaocar reached out to Mhatre to inform him that Pawar was en route to collect the pen drive. Mhatre was overjoyed, while Dr. Salgaocar felt a wave of relief, knowing that his troubles were about to be resolved and that he would soon be reunited with his beloved family.

Pawar arrived in just 25 minutes to pick up the pen drive, expressing his gratitude to Vijay Salgaocar with great enthusiasm. However, Dr. Salgaocar found every moment of this rogue's company to be unbearable. Once the DCP departed, Dr. Salgaocar felt a sense of relief wash over him, allowing him to return to his true passion: practicing medicine, where his skills truly shone.

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Silence The Truth: Chapter Four

During the day shift, Bada Angoor's goon went to check in with the night shift goon, Rajan, but to his surprise, Rajan was nowhere to be found, and his motorcycle was missing as well. He attempted to reach Rajan by phone, but the call wouldn't connect. Feeling uneasy about the situation, he decided to alert Angoor's deputy, Dilip, about Rajan's absence and the untraceable bike.

Dilip wasted no time and quickly relayed the situation to Bada Angoor. In response, Angoor contacted his sources at the local police station to track down Rajan and his motorcycle. After a frantic half-hour search, a police officer finally located Rajan, who was found sleeping in a gutter. Angoor received a call from the officer, who informed him that Rajan had been attacked, was disoriented, and that his motorcycle was still missing.

Angoor sensed impending danger and suspected that Mhatre's men were behind the recent incident. Fueled by anger and a desire for revenge, he called Mhatre, claiming he possessed the pen drive and would soon share the evidence with the media and his political allies. Mhatre, however, revealed that he also had the pen drive, laughing heartily at the situation. It was then that he realized Dr. Salgaocar had betrayed him. Quickly shifting his demeanor, he greeted Angoor with a more cordial tone, aware that Angoor could still pose a threat. He shared some promising news and invited Angoor for tea. Angoor agreed to the meeting, accepting the invitation.

When Angoor arrived at Mhatre's office, he was warmly welcomed. After enjoying a few sips of tea and some Samosas, they got straight to the point. Mhatre proposed that they put their past grievances behind them and start fresh. He urged Angoor to keep everything confidential in exchange for joining their political party. In return, Mhatre promised to speak to the party leader about making Angoor a member of the legislative council and appointing him as the deputy minister of cultural affairs.

The bond between the politician and the underworld had a unique strength: an unwavering trust and a commitment to their promises. They were well aware of the essentials of their alliance, and Angoor felt it was time to graduate from a life of crime to a political career. He agreed wholeheartedly. Mhatre then revealed that Dr. Salgaocar posed a threat due to his possession of incriminating evidence. He handed Angoor the contract to eliminate Dr. Vijay Salgaocar.

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Silence The Truth: Chapter Five

At home, Dr. Salgaocar received a call from an unknown number, and the voice on the other end issued a chilling threat regarding his betrayal of Mhatre. Realizing the gravity of the situation, Dr. Salgaocar felt a wave of fear wash over him; he was undeniably in danger. In a moment of panic, he reached out to Malavika to check on her and the family's safety. A wave of relief flooded over him when he learned that everyone was doing well.

Next, he dialed his closest friend, Samir Singh, a cardiothoracic surgeon based in New York and a fellow medical school graduate. Dr. Salgaocar had always trusted Samir, who had helped him navigate through many tricky situations during their college days, often saving him from the fallout of his politically incorrect remarks. It was 8 a.m. in New York, and as Samir prepared to leave for work, he mentioned that his hospital was a 45-minute drive away. He suggested they continue their conversation via Bluetooth while he drove.

Vijay shared his entire story with Samir, urging him to take care of his family if anything were to happen to him. Dr. Singh reassured Vijay that he would be safe but emphasized the need for extreme caution and suggested he leave the country as soon as possible. Vijay agreed and ended the call, fully aware that he was under surveillance and that his phone might be tapped. Escaping the country was not going to be easy. He resolved to fight back, yet a lingering fear of death weighed on him. His wife, Malavika, knew where his will & testament was kept and who was designated to execute it.

He was struggling to find sleep, as dark thoughts plagued his mind. In an attempt to distract himself, he switched on the television and began flipping through channels. He figured that the dullness of TV programmes would eventually lull him to sleep. After about half an hour, he dozed off, and that brief nap left him feeling rejuvenated. However, he realized he was powerless against the combined forces of politicians and the underworld. It was well-known that some politicians maintained a friendly rapport with their adversaries from opposing parties. While they might publicly clash, behind closed doors, they shared a mutual understanding that served their interests. They supported one another,

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Silence The Truth: Chapter Five

traded favours, and kept each other's scandals under wraps. This arrangement allowed them to retain their power and influence while feigning a commitment to the public good. Consequently, he found it hard to trust any of his politician patients from rival factions. He also regretted placing his trust in DCP Pawar. In this bleak situation, he pondered his next steps, as the looming fear of death continued to haunt him.

He brewed himself a steaming cup of coffee and delved deeper into his thoughts. The clock ticked towards 1:45 AM, while outside, a fierce storm unleashed its fury. The wind howled ominously, thunder rumbled in the distance, and each flash of lightning sent a shiver down his spine. It felt as if unseen eyes were watching him, poised to pounce at any moment. A sense of dread washed over him, hinting that this night would be anything but peaceful. Yet, summoning his mental fortitude, an idea suddenly sparked in his mind. He decided to reach out to his old school friend, Manish Trivedi, a principled small-time entrepreneur who had recently visited with sweets to celebrate his son's impressive job offer.

Devang, Manish's son, had landed a position as an ethical hacker, a role that involved identifying and rectifying security flaws within the bank's systems. His work was both demanding and fulfilling, as he utilized his expertise and ingenuity to safeguard the bank and its clients from cyber threats. Sometimes he tackled challenges solo, while at other times, he teamed up with fellow ethical hackers or IT personnel. Devang adhered strictly to the bank's protocols and legal standards, never hacking for personal gain or with malicious intent, which defined his commitment as an ethical hacker.

Manish picked up the phone after a few rings, curious about why Vijay was calling him at such an odd hour. Vijay quickly explained the predicament he was in and inquired if Devang was available to talk. Manish confirmed that he was, and within a minute, Devang was on the line, sounding a bit sleepy as he greeted Vijay, asking how he could assist.

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Silence The Truth: Chapter Five

Vijay then posed a serious request: could Devang hack into the websites of The Heritage Museum and the Ministry of Culture to upload videos, photos, and documents that exposed the rampant corruption involving Minister of Culture Mhatre, the museum director, and several others? Although Devang hesitated at first, he ultimately accepted the task, realizing that Vijay's life was at stake.

Vijay informed him it was around 2 AM and that he had a tight deadline of three hours to complete the job, with everything needing to be posted by 5 AM. He mentioned that one of his journalist patients would break the news during the 6 AM morning show. Vijay shared the link to the museum files stored in his Cloud Drive, fully aware that once the scandal broke, Mhatre would be under intense scrutiny and would likely refrain from pursuing Vijay for the time being. Since Bada Angoor had not directly confronted Vijay and was only seeking revenge against Mhatre, he would also likely hold off on any immediate threats.

Could the TV journalist maintain his objectivity in this scenario? He found himself with no one to rely on except Mr. Rajesh Rao, the only person he believed to be trustworthy. Beyond that trust, he recognized that a journalist driven by the pursuit of the latest information, the most astonishing stories, or the most controversial subjects is often insatiable for breaking news. They strive to dig deeper, uncover hidden truths, and challenge authority; mere reporting of facts is not enough for them. To secure their stories, they are willing to take risks, venture into perilous situations, and interact with powerful figures.

He reached out to Rajesh Rao, who was equally taken aback to receive a call from Dr. Vijay Salgaocar at such a late hour. Responding with a sleepy tone, he said, "Yes, Doctor Saab." Vijay instructed him to check the Heritage Museum and Ministry of Culture websites at 5:15 AM. If he discovered any content that implicated a minister and several museum officials, which would be suitable for his 6 AM morning show, would he be willing to broadcast it on his channel? Containing his thrill at the prospect of a scoop involving a ruling party minister, Rajesh replied, "Absolutely, Dr. Saab."

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Silence The Truth: Chapter Five

Feeling a mix of relaxation and lingering anxiety, he reclined on the sofa in his drawing room, the TV flickering softly in the background, and soon drifted off to sleep. At 4:30, the ringing of the phone jolted him awake. It was Devang, delivering the news that the job was complete. He expressed his gratitude profusely before hanging up. Without wasting a moment, he rushed to his home PC in the study and checked two websites. Both displayed the explosive files he had shared with Devang. He murmured, "Thank you so much, Devang. Great job." Now, he was on edge, eagerly awaiting a call from Rajesh Rao.

At 5:30 AM, Rajesh Rao called, his voice brimming with excitement over the explosive scoop. He thanked Dr. Salgaocar and assured him that it would be aired on the 6 AM show.

Dr. Salgaocar settled in front of the television, eagerly anticipating the start of the live show. As soon as it began, his phone buzzed with notifications from various news apps. Within just 15 minutes, the story had spread across multiple social media groups. By 8 a.m., it had gone viral. A minister from the Central Government, representing a party opposed to Mhatre's, appeared on the show. Sensing a chance to target the rival party with elections looming just a few months away, the minister declared that the investigation bureau would take charge of the case.

The investigation unfolded the next day, leading to the arrest of Mhatre and several officers from the Heritage Museum. Meanwhile, DCP Pawar chose to go into hiding. Despite this, Dr. Salgaocar remained uneasy, sensing that challenges were far from over. Nevertheless, his determination to stand firm was unwavering, prompting him to call his wife and daughters back home.

When he arrived at the airport to greet his family, an overwhelming wave of joy washed over him as he spotted them. He dashed toward them, unable to hold back the flood of emotions. Embracing them tightly, he reveled in their warmth and love. Tears streamed down his face, but they were tears of happiness and thankfulness. Gazing into their eyes, he recognized the same joy and relief mirrored back at him. Though they had faced adversity while apart, they were finally together again, and it was an indescribable feeling of bliss.

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Silence The Truth: The Epilogue

Ten years have gone by since the incident, and Mhatre was released on bail, only to pass away while still on the bail. The official cause of death was a heart attack. Was it truly a natural occurrence?

DCP Pawar seems to have vanished, likely living under a new identity in an undisclosed location.

Bada Angoor met his end in a suspicious car accident.

Yet, the true hero, Mr. Anil Pathak, remains untraced.

Dr. Salgaocar continues to be his unapologetic self—blunt and politically incorrect. His sentiments for Anil are not only etched in his heart but also prominently displayed on his social media profile:

"I have great admiration for the bravery and integrity of honest whistleblowers. They put their reputations, careers, and even their safety on the line to reveal the truth and hold the powerful accountable. They are the real heroes who deserve our gratitude and respect. Their courage inspires me to be more honest and courageous in my own life. I hope they find peace and justice for their actions."

THE END OR THE BEGINNING.

The phrase "the end or the beginning" is a poetic reflection on the cyclical nature of events. It suggests that what may seem like an ending could also be the start of something new. This concept is often used to describe moments of transition, where the conclusion of one phase heralds the start of another. It's a reminder that every ending is also a beginning, offering new opportunities and possibilities. Whether it's the close of a day or the end of an era, there's always a fresh start on the horizon.

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Photography

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Radiologist.
Kolkata.



Dr. Debabrata Sanyal is a distinguished Radiologist and a valued friend. He completed his MBBS at Calcutta National Medical College in 1980 and earned his DMRD from the University College of Medicine, Calcutta University in 1987. He humorously refers to himself as a wandering Radiologist in search of reasons to retire. Below are some of his photographs, showcasing his recent trip to Goa, which he has beautifully captured through his lens. I am confident you will appreciate them.



Photography

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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.

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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 Manaas" 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.

PATIENTS AS TEACHERS

Reading between lines
Balancing on the beams
A graceful floor show
A courtesy A bow

Deep diving and water skiing
Under water breathing
Stay afloat without swimming
Surf up without drowning

How to hit a six
To win without a fix
Save every wicket
Run in every thicket

To dribble and run
Score goals by the dozen
Play for the opponent
Never ever for fun
A patient has potential
To make you all rounder
Who should never falter
So you turn fuller and better

HEALTH IS WEALTH

Its your safe deposit
Its your investment
Health is your benefit
At work n post retirement

So invest more
To earn more
To live happily
And secure

Work for your muscles
Work for bones
Work for joints
And heart as well

Eat for your liver
Drink for the kidney
Walk for the brain
And run for the heart

Preserve all the senses
No matter what expenses
Smiles on your faces
Laugh at your mistakes

Stay fit and fine
Smiling all the time
Just as God made ya
Till you reach ninety nine

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.

Ganesh Chaturthi Special Recipe Gulab Modak.

Ingredients:

1 tsp ghee
1 cup grated coconut
1 tsp powdered sugar
1/2 cup rose syrup
1 tsp gulkand
1 cup water
Pinch of salt
1 cup rice flour
Oil



Method:

For the stuffing: Heat 1 tsp of ghee in a pan over low heat. Add the grated coconut and sauté for about a minute. Then, mix in the gulkand, rose syrup, and powdered sugar, stirring until the sugar dissolves. Continue to cook this mixture on low heat for 2-3 minutes until it thickens slightly but is not too dry. Turn off the heat and transfer the stuffing to another bowl to cool at room temperature.

For the ukad (cover):

In a thick-bottomed pan, bring 1 cup of water to a boil. Add salt, ghee, and rose

syrup. Once boiling, quickly stir in the rice flour. Cover the pan and let it cook on low heat for 10 minutes. After cooking, transfer the mixture to a flat plate and knead it while it's still warm for 5-7 minutes, adding a little oil to make it smooth.

Now, let's make the modak:

Grease your palms with a little oil and take a small piece of the ukad (about the size of a medium lemon). Shape it into a bowl using your fingers, creating folds at the edges. Fill it with 2 tsp of the stuffing and gently press it down. Bring the edges together and seal it to form a modak shape, smoothing out any folds. Repeat this process for all the modaks.

For steaming the modaks:

Heat water in a pan and place a strainer over it. Arrange each modak in the strainer. Cover with a lid and steam for 10-12 minutes on medium-high heat.

Carefully pick up the steamed modaks with wet palms, as they will be hot, and transfer them to a plate. The rose-flavoured steamed modaks are ready to enjoy hot, drizzled with ghee.

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

Photography: Dr. Debabrata Sanyal

**Next issue in November 2024**

I am pleased to announce to release the 55th issue of Reflections! Please save the date, as the next issue is scheduled for release in November 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 October 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.