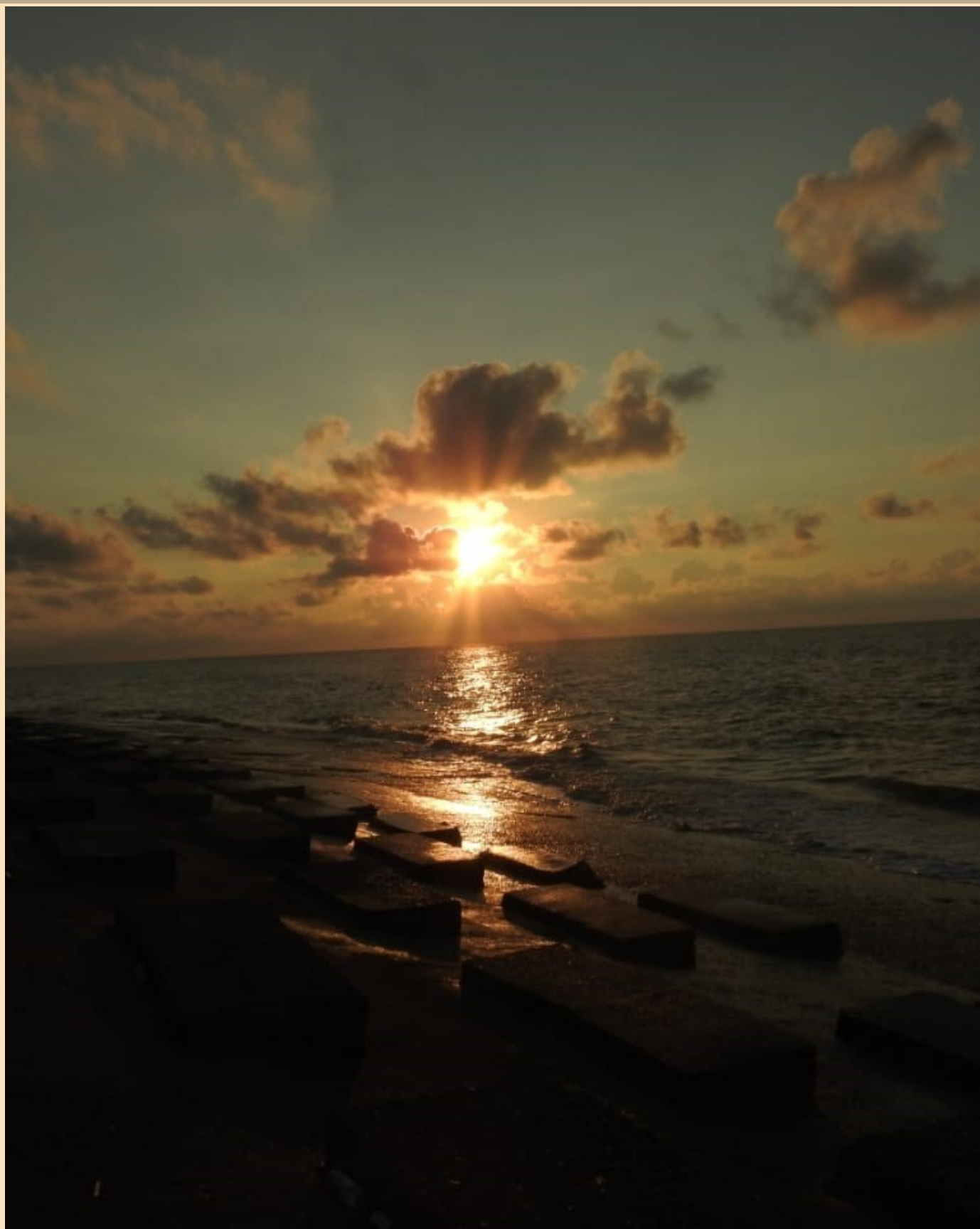


56th. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
NOVEMBER 2024, VOLUME V, ISSUE 11



Photography: Dr. Debabrata Sanyal

REFLECTIONS



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 5

Issue: 11

November 2024

Photography: Dr. Debabrata Sanyal

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AI generated image

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Volume 5 Issue 11

01.11.2024

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



Here comes the winter: AI generated image

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Special points of interest:

- **Travelogue:** Dr. Bharat Parekh
- **Photography:** Dr. Sushanta Bhadra & Dr. Viral Parekh.
- **Poems:** Dr. Rohini Patil.
- **Culinary Arts:** : Dr. Ritu Lokhande.

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Volume 5 Issue 11

01.11.2024

Reflections

An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Dr. Viral Parekh

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

Tough times never last, but tough people do. That's a powerful quote by Robert H. Schuller! It reminds us of the importance of resilience and mental strength.

Strong people have a deep inner strength that helps them face the many challenges life throws at them. This strength is not just a natural gift; it is developed through experiences that push them to their limits and beyond their comfort zones. When they encounter tough times, they tackle their problems with a mix of bravery and determination, using their inner power to get through even the hardest situations.

Although difficult times can feel heavy, it's important to remember that they are usually temporary. Just like storms eventually clear, the challenges we face will also pass, opening up new chances for growth and renewal. This cycle of life reminds us that even in our darkest hours, there is always hope for better days ahead.

The ability to keep going not only helps people grow and learn but also brings a strong sense of hope and positivity for the future. Each challenge that is faced and overcome builds greater resilience, giving individuals the confidence to handle future difficulties.

Additionally, going through tough times often leads to a better understanding of oneself and a greater appreciation for the good things in life. It encourages people to develop empathy and compassion, as they realize that everyone has their own struggles.

In the end, it is this mix of strength, self-awareness, and the knowledge that challenges are temporary that enables individuals to rise above their situations. They come out not just stronger but also better prepared to inspire and support others who may be facing their own battles. This way, the cycle of resilience continues, creating a ripple effect of strength and hope that can change not just individual lives, but entire communities.

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

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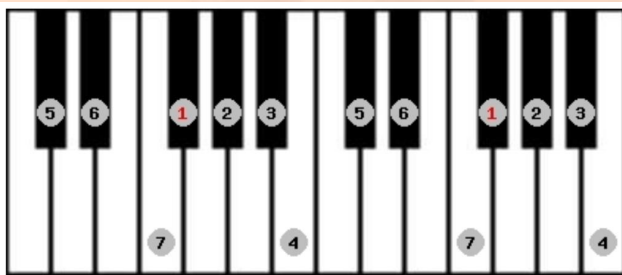
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Music : F Major Scale



1	2	3	4
F#	G#	A#	B

5	6	7
C#	D#	F

The F# Major Scale

The F# major scale is a beautiful and bright-sounding scale. It consists of the following notes:

- **F#** is the root note.
- **G#** is the major second.
- **A#** is the major third.
- **B** is the perfect fourth.
- **C#** is the perfect fifth.
- **D#** is the major sixth.
- **E#** (which is enharmonically equivalent to F) is the major seventh.

This scale is often used in classical music, jazz, and even some pop songs. If you're playing an instrument, try practicing this scale to get a feel for its unique sound!

Images generated by AI

Travelogue

Dr. Bharat Parekh

MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai



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

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

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

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



Travelogue

Dr. Bharat Parekh

MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai

Picking up from where we left off few months back. We left Khiva in a Toyota sedan, comfortable enough for a 5 hr drive through the desert to Bukhara, a quicker route. The only other mode of transport was a cattle class train ride. The road was good though it went through a featureless terrain. There were not many places worth stopping except for one for a bathroom break. We reached Bukhara late afternoon and checked into a hotel. Evening was reserved for a relaxed drink and dinner at a local restaurant. The weather was cool and we needed light woollens to wear. Next morning our guide Shaxnoza (very common name in Uzbek) took us to important site and dazzled us with her in-depth knowledge of various sites listed below.

Bukhara, Uzbekistan, is rich in historical and architectural treasures. Some must-see sites include the Ark Fortress, a massive citadel with centuries of history; the Kalon Minaret and Mosque, dating back to the 12th century; the intricate Ismail Samani Mausoleum, one of the oldest Islamic monuments in Central Asia; the stunning Po-i-Kalyan complex, featuring a mosque, minaret, and madrasah; and the Chor Minor, a picturesque 19th-century mosque with four minarets. Don't miss exploring the winding streets of the old town, soaking in the atmosphere of this ancient Silk Road city.

Certainly! In Bukhara, there are numerous sites to explore, each offering a glimpse into the city's rich history and cultural heritage. Here's a detailed list of some key usites:

1. **The Ark of Bukhara:** This ancient fortress served as the royal residence for centuries and offers insights into Bukhara's rulers and their lifestyles.
2. **Kalon Minaret and Mosque:** The towering minaret, standing at over 45 meters tall, is a prominent landmark of Bukhara. Adjacent to it is the Kalon Mosque, an architectural masterpiece with intricate tilework and grand domes.
3. **Ismail Samani Mausoleum:** Built in the 9th century, this mausoleum is one of the oldest Islamic monuments in Central Asia. Its unique brickwork and geometric designs are a marvel to behold.
4. **Po-i-Kalyan Complex:** Comprising the Kalyan Mosque, Miri-Arab Madrasah, and the Kalyan Minaret, this complex is a prime example of Islamic architecture in Bukhara.
5. **Chor Minor:** Translating to "Four Minarets," this charming mosque features four small minarets, each adorned with intricate designs. It's a hidden gem tucked away in the old town.

Travelogue

Dr. Bharat Parekh

MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai

6. **Lyabi-Hauz Complex:** A historic square centered around a tranquil pool, surrounded by shaded trees and bustling teahouses. It's a great place to relax and soak in the local atmosphere.
7. **Magoki Attori Mosque:** Dating back to the 9th century, this mosque is one of the oldest in Bukhara, showcasing a blend of architectural styles from different periods.
8. **Sitorai Mokhi-Khosa Palace:** Located on the outskirts of Bukhara, this former summer residence of the emirs combines Russian, European, and Oriental architectural elements.
9. **Trade Domes (Toki Zargaron, Toki Telpak Furushon, Toki Sarrafon):** These historic trading domes once housed bustling markets and are now home to various shops and artisan workshops.
10. **Necropolis of Chor-Bakr:** Situated just outside Bukhara, this ancient cemetery contains the tombs of various Islamic scholars and rulers, making it a significant pilgrimage site.
11. **Chashma-Ayub Mausoleum:** Visit the sacred site, believed to have been built over a spring by the biblical figure Job, revered by Muslims and offering a tranquil atmosphere for reflection.
12. **Bolo Hauz Mosque:** Admire the grandeur of this 18th-century mosque, known for its intricately painted wooden columns and serene courtyard.
13. **Abdulaziz Khan Madrasah:** Explore this well-preserved madrasa, featuring elegant tilework and a peaceful inner courtyard, offering a glimpse into Bukhara's scholarly past.

Exploring these sites will provide you with a comprehensive understanding of Bukhara's rich history, cultural diversity, and architectural brilliance.

Travelogue

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MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai



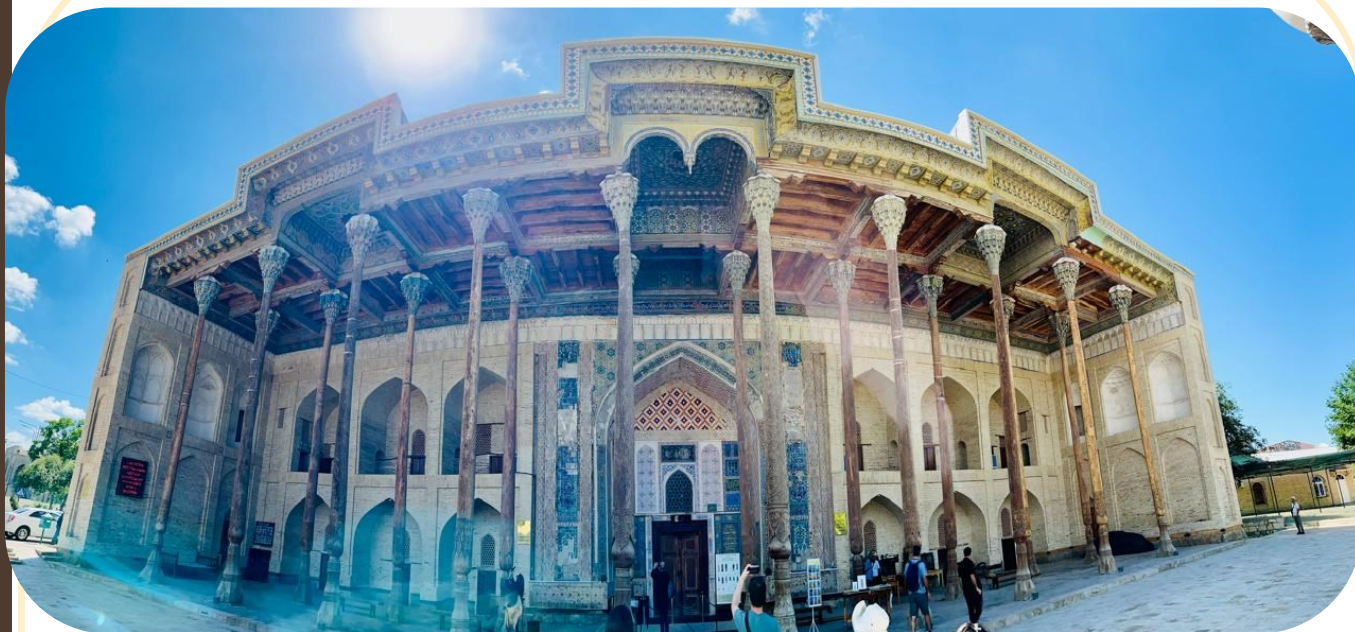
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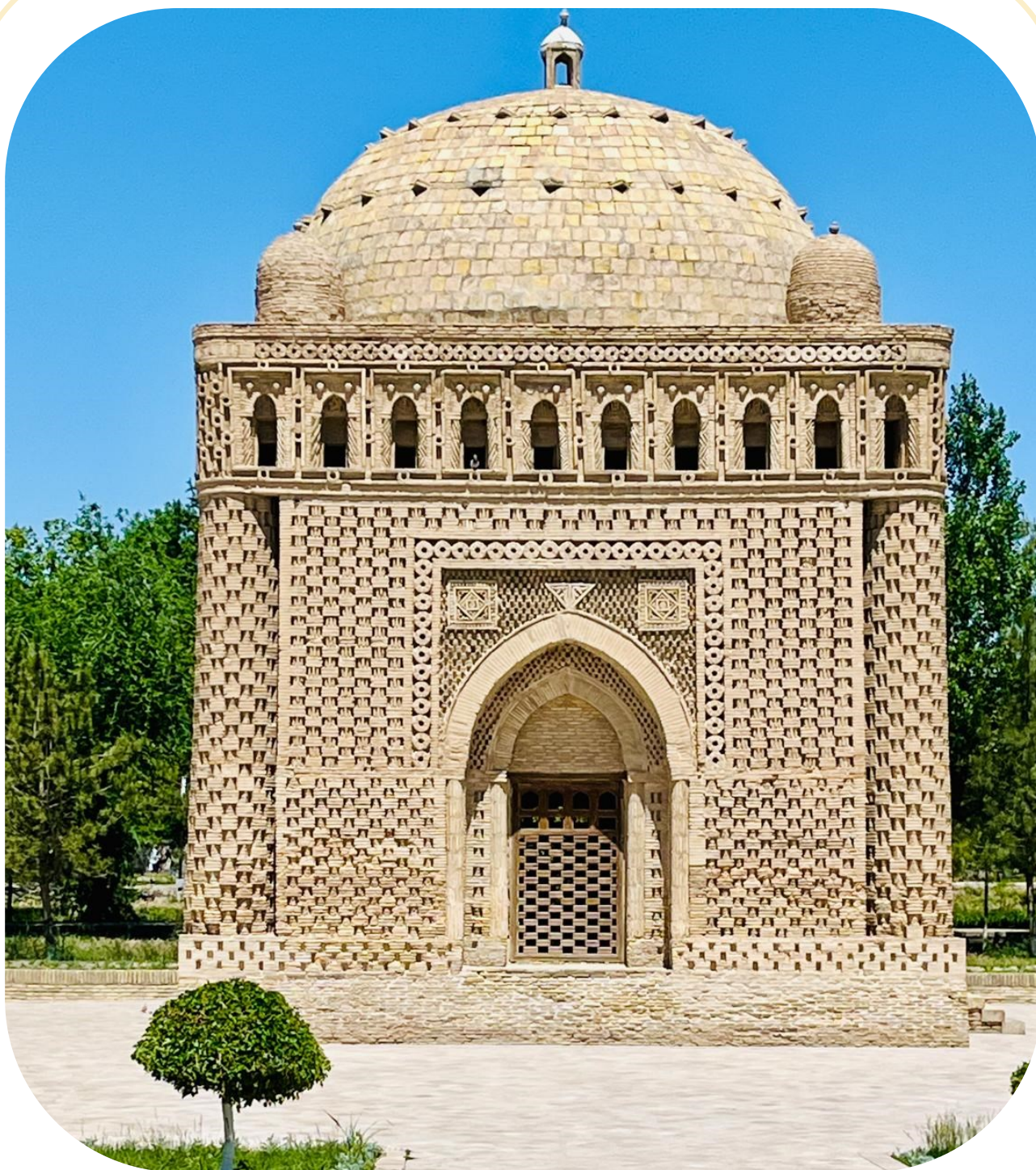
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Photography

**Dr. Debabrata Sanyal , MBBS, DMRD
Radiologist.
Kolkata.**

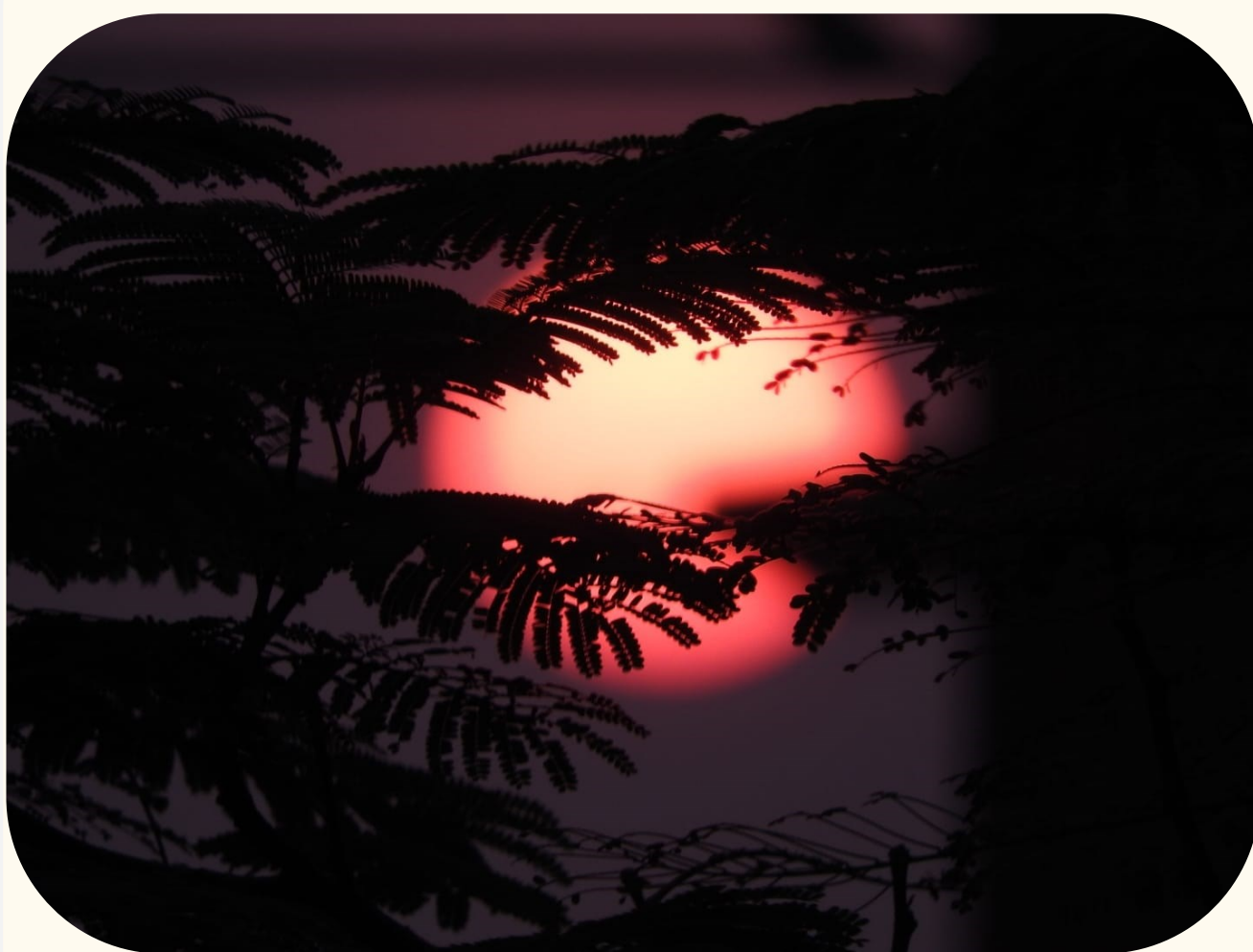


Dr. Debabrata Sanyal is a distinguished Radiologist and a valued friend. He completed his MBBS at Calcutta National Medical College in 1980 and earned his DMRD from the University College of Medicine, Calcutta University in 1987. He humorously refers to himself as a wandering Radiologist in search of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



Photography

Dr. Debabrata Sanyal , MBBS, DMRD
Radiologist.
Kolkata.



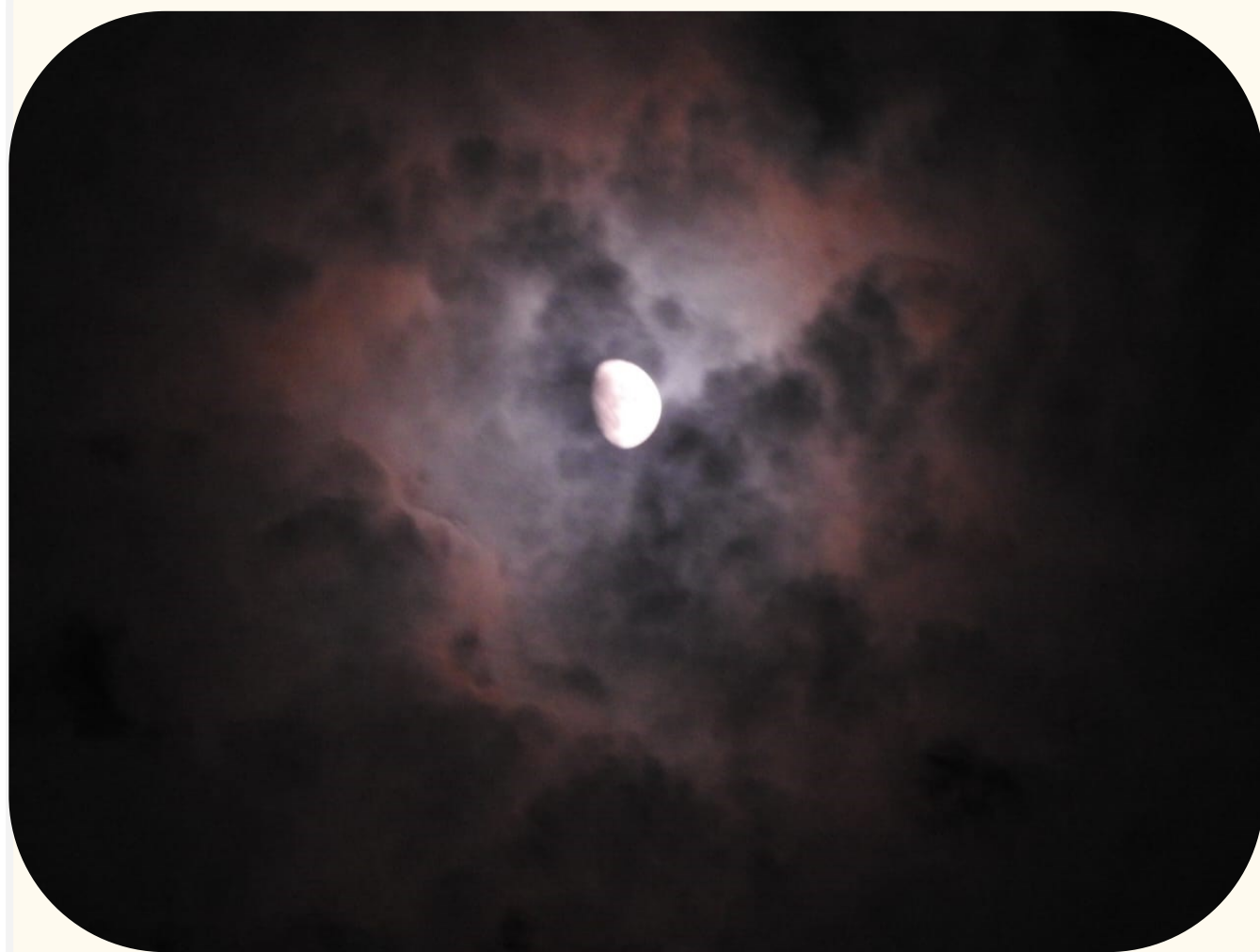
Photography

Dr. Debabrata Sanyal , MBBS, DMRD
Radiologist.
Kolkata.



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Dr. Debabrata Sanyal , MBBS, DMRD
Radiologist.
Kolkata.



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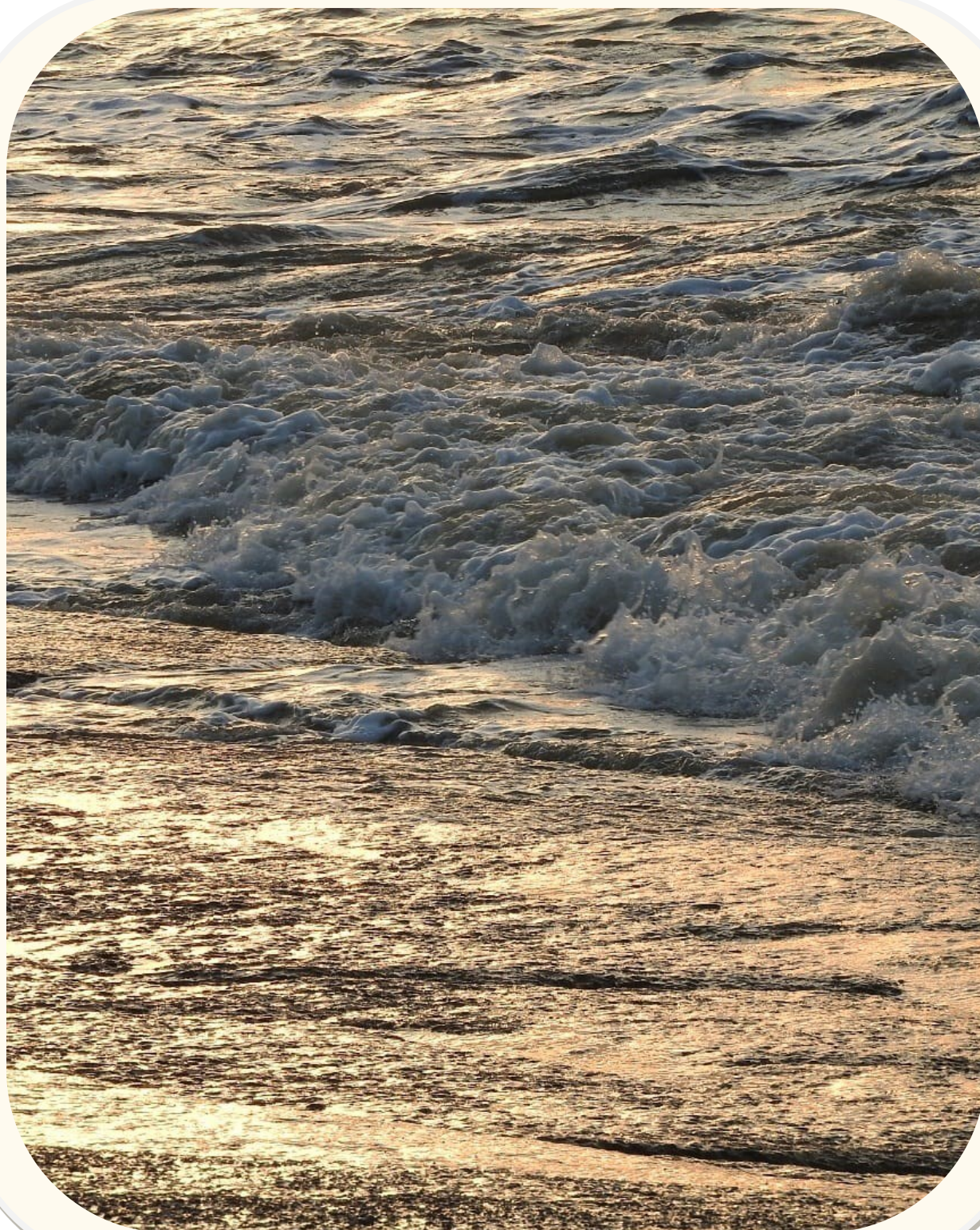
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Dr. Debabrata Sanyal , MBBS, DMRD
Radiologist.
Kolkata.



Photography

Dr. Debabrata Sanyal , MBBS, DMRD
Radiologist.
Kolkata.



Glamour Photography

Mr. Sushanta Bhadra,

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



Sushanta's dedication to his medical profession is evident in his tireless efforts to provide the best care for his patients. He is known for his compassionate bedside manner and his ability to connect with people on a deeper level. His colleagues often seek his advice and guidance, as he is always willing to lend a helping hand.

In addition to his medical career, Sushanta's passion for photography is a testament to his multifaceted nature. His photographs capture the essence of the world around him, showcasing his unique perspective and artistic vision. Whether it's a breathtaking landscape or a candid portrait, Sushanta's photographs have the power to evoke emotions and tell stories.

Despite his busy schedule, Sushanta actively participates in photography exhibitions and competitions, where his work has received recognition and praise. His photographs have been featured in various publications and online platforms, further establishing his presence in the photography community.

Sushanta's commitment to his craft extends beyond capturing beautiful images. He also uses his photography as a means to raise awareness about social issues and promote positive change.

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

As Sushanta continues to excel in his medical career and pursue his passion for photography, there is no doubt that he will leave a lasting impact on both fields. His unwavering dedication, creativity, and ability to connect with others set him apart as an exceptional individual. I am grateful to have Sushanta as a classmate and close friend, and I am excited to see where his journey takes him next.

Glamour Photography

Mr. Sushanta Bhadra,

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



56th. Edition

Glamour Photography

Mr. Sushanta Bhadra,

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North Bexley PCN, United Kingdom, PCN



Literature: Poems



Dr. Rohini Charudatta Patil is a professional Gynaecologist who completed her MBBS and DGO from GMC Miraj. She began her practice at Abhinav maternity nursing home in Nallasopara, Vasai, Palghar a dozen years ago. Additionally, she was a columnist for "Tanaat Manaat" in Dainik Herald newspaper, Goa for a span of 2 years. Dr. Patil has also successfully completed 5 exams from Gandharva Vidyalyaya in Kathak Nritya. Currently, she is on the verge of publishing a booklet of four liners and has graciously shared two of her poems with us.

NEPOTISM

After treatment with aqua regia
Pure gold emerges
After withstanding chemicals
Diamonds come to light
After heating and processing
Alloys yield pure metal
Several years go in to
Harvest Pearls from Oysters

Lot of struggle and hardwork
Make superstars
Stars burn within
To release out light
Only purified ones shine
Rest decay and disappear

The Sun encompasses regular
Blasts
To throw out energy and light
Its a regular affair to burn
And enlighten the world

So take nepotism
With a pinch of salt
Else all expertise jobs
Will come to sudden halt.....

SEASONS

Don't show off hey spring
You will wither off in a wink
Don't show off dear summer
You shall lose charm and vig-
our

Don't show off darling winter
Cause snow surely turns to wa-
ter

Nothing is permanent
Only change is constant

Not to worry Autumn
Just keep your calm
Stay low but firm
Its a matter of concern

We love you all
You all grace us
We salute you all
You all heal us.....

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.



Paneer Sutli Bombs!
Paneer Sutli Bombs are a favourite Indian snack, especially during festivals and celebrations. Here's an easy way to whip up these tasty bites.

Ingredients:

- 1 cup cooked noodles.
- 200 grams paneer, cut into cubes.
- 2 tablespoons corn flour. * 2 tablespoons all-purpose flour (Maida).
- 2 tablespoons Schezwan sauce.
- 2 tablespoons tomato sauce.
- Salt to taste.
- teaspoon chaat masala.
- 1 teaspoon black pepper.
- 1 teaspoon red chili powder

Instructions:

1. Cut the paneer into cubes.
2. Prepare the marinade by mixing all the ingredients and coat the paneer cubes well.
3. Let the paneer cubes soak in the marinade for about 10 minutes.
4. Wrap the marinated paneer with the cooked noodles.

5. Heat oil in a pan and fry the wrapped paneer until they turn golden brown.
6. Garnish with spring onions around the fried paneer cubes.
7. Serve the hot Paneer Sutli Bombs with chutney or raita.

Variations:

1. Toss in some chopped onions or garlic for added flavour.
2. Try different spices like cumin or chaat masala.
3. Experiment with various cheeses or flavoured paneer.
4. Pair with a zesty chutney or a yogurt-based dip.

Tips:

1. Fresh paneer will give you the best flavour.
2. Adjust the spice levels to suit your taste.
3. Fry until crispy to help the bombs keep their shape.

Want more variations on this recipe or other snack ideas? Check out our channel for more recipes: <https://www.youtube.com/>



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

Photography: Dr. Debabrata Sanyal



Next Issue in December 2024

I am pleased to announce to release the 56th issue of Reflections! Please save the date, as the next issue is scheduled for release in December 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 November 25th. 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.

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