

57th. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
DECEMBER 2024, VOLUME V, ISSUE 12



Photography: Dr. Debabrata Sanyal

REFLECTIONS



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An e-magazine showcasing the artistic talents of Medics

Volume: 5

Issue: 12

December 2024

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Merry Christmas: AI generated image

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01.12.2024

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



Merry Christmas: AI generated image

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Special points of interest:

- **Paintings:** Dr. Rati Vajpeyi, Dr. Juni Menon & Dr. Varsha Vaishnav.
- **Travelogue:** Dr. Mayukh Bhattacharya
- **Photography:** Dr. Sushanta Bhadra, & Dr. Debabrata Sanyal.
- **Poem:** Dr. Viral Parekh

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Volume 5 Issue 12

01.12.2024

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Radiologist's Musings - Dr. Viral Parekh

Hello! Namaste, I'm delighted to present the 57th. edition of Reflections. First and foremost, a very happy Christmas to everyone.

When you stroll through the bustling streets of Indian cities, one aspect that immediately captures your attention is the overwhelming mess that seems to permeate every corner. Trash is often stacked haphazardly along the roadsides, creating an unsightly and unpleasant environment. This littering is not merely an aesthetic issue; it poses a significant health risk to the community. The accumulation of waste can attract pests, spread diseases, and contribute to pollution, making it imperative for local authorities to address this problem. To exacerbate the situation, it is not uncommon to witness individuals relieving themselves in public spaces, further degrading the cleanliness of the streets. It raises the question of whether there is any agency tasked with maintaining cleanliness in these urban areas. If such an agency exists, their presence is rarely felt, as the streets remain cluttered and neglected.

In addition to the litter, another pressing concern is the chaotic state of traffic. The roads are often a cacophony of honking horns and erratic driving, where traffic rules appear to be more of a suggestion than a mandate. Many motorcyclists can be seen riding without helmets, flaunting safety regulations with little regard for their own well-being. The lack of enforcement of traffic laws contributes to a culture of recklessness, resulting in numerous tragic accidents that could have been avoided with stricter adherence to regulations.

The sidewalks, which should serve as safe passageways for pedestrians, are frequently overrun by illegal vendors. These hawkers set up shop, leaving little room for people to walk comfortably. This encroachment not only creates obstacles for pedestrians but also undermines legitimate shop owners who adhere to regulations, pay their taxes, and possess the necessary licenses. It feels as though these law-abiding business owners are being penalized for their compliance, while those who operate outside the law thrive in the chaos.

While it is essential to recognize that many hawkers rely on their street-side businesses for their livelihoods, this does not justify their occupation of public spaces. The reality is that if all hawkers were to be removed from the streets, a significant number of individuals would face job loss. However, this dilemma does not grant them the right to monopolize sidewalks and public areas. Moreover, it is often observed that these vendors have the support of local politicians and law enforcement, which complicates the issue further.

Corrective measures are definitely possible, and every street vendor needs to be registered. They should be given battery-operated carts to showcase their goods, along with a specific spot and time to operate. After their time is up, they need to pack up and head home in those carts. It's important that they don't permanently take over the sidewalks, and many have set up permanent structures that really should be taken down.

A little order is essential to make life easier for everyone.

I want to extend my thanks to Dr. Sushanta Bhadra, Dr. Varsha Vaishnav, Dr. Juni Menon Dr. Rati Vajpeyi, Dr. Debabrata Sanyal & Dr. Mayukh Bhattacharya their contributions that made this issue possible. I am sincerely grateful to each and every one of them.

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Music : G Major Scale

The G Major Scale

The **G** major scale is a seven-note scale that consists of the following notes:

1. **G** (the root)
2. **A** (the second)
3. **B** (the third)
4. **C** (the fourth)
5. **D** (the fifth)
6. **E** (the sixth)
7. **F#** (the seventh)

The **G** major scale follows the pattern of whole and half steps that defines a major scale, which is:

- Whole step (W)
- Whole step (W)
- Half step (H)
- Whole step (W)
- Whole step (W)
- Whole step (W)
- Half step (H)

In the case of the **G** major scale, the intervals between the notes are as follows:

- **G** to **A**: Whole step

- **A** to **B**: Whole step

- **B** to **C**: Half step

- **C** to **D**: Whole step

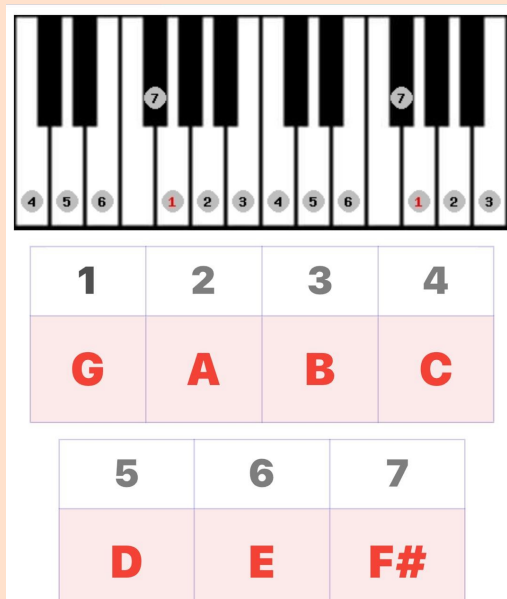
- **D** to **E**: Whole step

- **E** to **F#**: Whole step

- **F#** to **G**: Half step

Relative Minor: The relative minor of **G** major is **E** minor, which shares the same key signature (one sharp, **F#**).

The **G** major scale is widely used in various musical genres, including classical, pop, rock, and folk music. Many songs are written in this key due to its bright and uplifting sound.



Art - Paintings & Sketches

Dr. Juni Menon,
M.S, D.O, DNB Ophthalmology
Surat, Gujarat.



Dr. Juni Menon (M.S,D.O,DNB ophthalmology) is working as an Ophthalmic Surgeon at Arogya Medical Center, Surat, Gujarat.

She is also a classical dancer formally trained in Bharatanatyam, Mohiniyattam, Kuchipudi.

She is also a fine artist - oil and Acrylic paintings, Pencil and charcoal sketching are her fields of interest.

Here are few of her art works, paintings and sketching. I am sure you will be mesmerized by her work.



Art - Paintings & Sketches

Dr. Juni Menon,
M.S, D.O, DNB Ophthalmology
Surat, Gujarat.



Art - Paintings & Sketches

Dr Rati Chand Vajpeyi
MD (PGI) Rad.Onc, FISCC (OX) ,
CANcoach, CRA



Dr. Rati Vajpeyi is an oncologist and a proud graduate of National Medical College in Kolkata. Now residing in Toronto, Canada, she also holds a degree in Homeopathy from the Canadian College of Homeopathic Medicine. Currently, she serves as a visiting professor at Pravara Institute of Medical Sciences in Loni, Maharashtra, India. Rati is the founder and Vice President of Cancer Care India (CACI) and has also established PRERAK, an organization that supports cancer patients and those battling other serious illnesses. Her artwork has been showcased internationally, with a portion of the sales going towards patient care. Check out some of her paintings, each telling a unique story. Some of her pieces were created in just 10-15 minutes during her travels, and I think you'll really appreciate them.

From a young age, Rati has been passionate about drawing and painting, never having taken formal lessons. In fact, she was once kicked out of mandatory drawing classes in school! She honed her skills by sketching and painting the statues at Victoria Memorial Gardens back in the 60s. Her medical studies, particularly anatomy dissections, helped her understand the human form, while her medical practice allowed her to use art as a way for patients to express their feelings through colour.

Eventually, she pursued her love for art further, receiving training from renowned artists to learn formal techniques. It's been an amazing journey for her, exploring various mediums, tools, and methods. Over the years, she has developed a fondness for painting from life—whether it's people, animals, nature, or the places she visits. She always carries a small kit with charcoal, pencils, a watercolour set, brushes, and a pen, ready to capture inspiration whenever it strikes.

Art has taught her to see deeply and feel profoundly, and for that, she is truly thankful.

You can find her on Facebook at Artbyrati, visit her website at www.artbyrati.weebly.com, or follow her on Instagram at rati54.

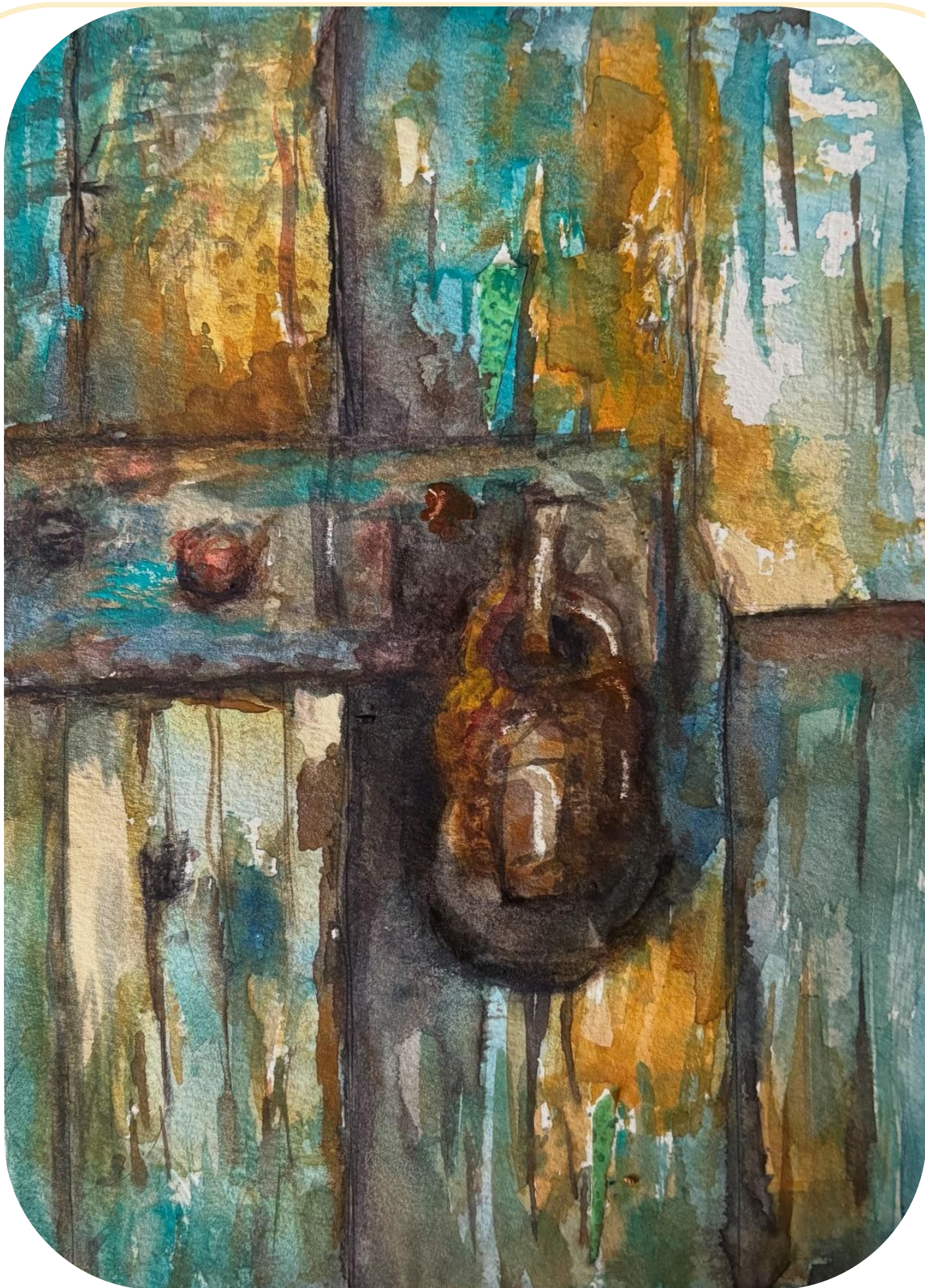
Art - Paintings & Sketches

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Art - Paintings & Sketches

Dr Rati Chand Vajpeyi
MD (PGI) Rad.Onc, FISCC (OX) ,
CANcoach, CRA



Art - Paintings & Sketches

Dr. Varsha Vaishnav, MBBS, MS

**Consultant Ophthalmologist,
Bhopal, MP.**



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



Art - Paintings & Sketches

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



Art - Paintings & Sketches

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



Art - Paintings & Sketches

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





Travelogue: Thai Thrills

Dr. Mayukh Bhattacharya, MD, is a fellow Radiologist and is like a younger brother to me. He completed his MBBS from Medical College Kolkata (1996 batch) and is a Gold Medalist, winning many prizes during his academic years in college. He obtained his MD in 2008 from VSS Medical College, Sambalpur.

After working briefly in NIMS Hyderabad and KIMS Odisha, he is now in private practice in Kolkata, working in corporate hospitals as well as Diagnostic chains. Currently, he is the unit head at Welkin Medicare and Ramrik Neurointensive care Hospital. He has a special interest in Thoracic Radiology and Musculoskeletal MRI. Recently, he has taken up painting as a stress buster and anti-depressant. In his school days, he was an avid quizzard, winning District level trophies, and he also loves to travel. His other interests include outdoor sports and music, as well as his old avocation --- stamp collection. Here are some of his floral photographs. I hope you like them.

A sojourn of the fascinating country Thailand is a once in a lifetime experience for all the travel fanatics out there. Contrary to the popular notion of Thailand being a country of sleaze and booze, there's a whole lot of fascinating and hitherto unknown things to be explored in the country known as the 'Land of Smiles' because of the warm and affable nature of the Thai people.

Thailand has everything for everyone--- right from the toddler to the aged, adventurers to solitude seekers, from foodies to those with spiritual bend of mind and for the romantic couples to the big fat travelling family caravan.

Let's delve into one such fascinating travelogue to the Land of White Elephants as shared by a dear friend of mine---a busy doctor unlike me!

October 2nd, 23:15 hrs

A frenetic dash to the security gates in Kolkata airport to catch Thai airways flight--- the journey to escape the maddening crowds and protest hit streets of Kolkata begins in right earnest. A warm welcome aboard the airplane by the courteous and ever smiling flight attendants followed by smooth take-off. A quick bite of the on- board refreshments provided had to be complemented with a nap intermittently broken by cries of the accompanying kiddos.

October 3rd, 5.30 hrs (Bangkok time)

With sleepy eyes dealt with the immigration formalities in quick time (good news for travellers from India, the Thai govt has waived off Visa fees for an unspecified duration extending into 2025). Now to catch the connecting flight to Phuket.

Travelogue: Thai Thrills

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist

October 3rd, 10.55 hrs (local time in Phuket)

Phew, reached our destination! Welcome to the picturesque and swanky International Terminal of Phuket International Airport. Our local interpreter cum guide is ready with our pre-booked luxury van at the gates.....can't wait for the party to begin. After a hasty but organised check-in at the hotel, it's time for the city tour. An unhurried journey through the spic and span thoroughfares takes us to the breathtaking viewpoints of the Karon and Freedom beaches (remember to ask your tour operators to include the less frequented exotic beach locales to your itinerary which are sparsely crowded and more pristine), the local cashewnut factory and a busy and bustling local fish and food market. Even found time to gorge on a sumptuous lunch in an Indian-owned restaurant (no surprises here; there are lots of eateries in the city tourist spots, particularly in Patong offering Indian delicacies). And what a way to end the trip with a visit to the revered and spectacular Chalong temple built way back in 1837.

October 4th, 10.00 hrs (local time)

The kids in the group getting restless, they need some adventure. So here we go—a long boat ride to the famed Koh Tapu Island aka James Bond island situated in Phang Nga Bay. This island is one of Thailand's most iconic hotspots, named after the 1974 Bond film "The Man with the Golden Gun" which was extensively shot in this locale. Not to mention, a kayaking trip around Hong island (an exhilarating ride through caves with stalactites and stalagmites) and a unique lunch arranged in Panyee island in midst of the expansive blue ocean and open skies.

October 5th, 8.00 hrs (local time in Krabi)

After last evening's long road trip from Phuket to Ao Nang in Krabi followed by much needed slumber to recharge our batteries, we are ready to go again! A wholesome breakfast in our resort and a short ride to the Ao Nang beach brings us face to face with another day full of aquatic adventures and thrills. Our speed boat is ready to take us on a memorable Four Island trip—Ko Thap (popularly known as Tub island), Ko Kai, Ko Poda and Bamboo Island. If you love snorkelling or simply frolicking in calm waters, these are the places you want to be in. By the way, our very own Hrithik Roshan and Ameesha

Travelogue: Thai Thrills

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist

October 5th, 19.30 hrs (Krabi time)

We are just getting started---- a trip to the night market to check out local products begins with an exciting Dinosaur park outing for the smallies in our pack. After stuffing our bags with memorabilia and even few trendy shoes/hats, it's time for an outdoor group dinner to satiate our taste buds with authentic local cuisine. Next destination is Pattaya.

October 6th, 11.15 hrs (Bangkok time)

After a short flight from Krabi to Suvarnabhoomi airport in the capital city, we are set for a road journey to the bustling and happening city of Pattaya (may I say notorious for its night life). After a two-hour ride, we check into our hotel which is only a minute's walk from the beach known for its eateries, souvenir shops and marine sporting activities. There's a plethora of options in Pattaya ranging from watching the renowned Alcazar cabaret or Colosseum Shows (we opted for the Dolphinarium---- kids would love to watch the trained dolphins and seals with their handlers exhibiting bagful of tricks), hob nobbing with big cats in the Tiger Park, visits to Tussaud's Waxworks and the Sanctuary of Truth (a visually stunning and sprawling wooden museum built in castle-like prototype by the sea shore), and last but not the least an enthralling exploration of the Pattaya Floating Market.

October 7th, 13.00 hrs (Bangkok time)

As all good things must come to an end, we are back to Bangkok where it all began. But we are not ready to give up yet. A trip to Thailand shouldn't end without a visit to the ethereal monasteries and Buddhist temples. We embark upon a Three Temple Tour in the city --- the Wat Pho (one of the oldest temples in entire Thailand), Wat Traimit (showcasing the 5.5 ton Golden Buddha statue) and Wat Mahapruettharam (the temple housing the majestic mini Reclining Buddha). We didn't get the chance to visit the tallest Buddha Statue in Thailand in Wat Paknam--- an imposing 69-metre-tall sculpture; the majestic Grand Palace as well, nor did we have the time to see The Golden Mount (highest point in the city). These landmarks are not to be missed though if and when you make it to this pulsating metropolis, the heart of the erstwhile Siamese kingdom.

Travelogue: Thai Thrills

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist

October 7th, 18.45 hrs (local time)

Before we say adieu, it's time to whet the appetite of the ladies—no not the route to the belly, rather the opposite! As we are busy head counting before starting for the airport, our better halves are having a gala time shopping in the Indra Square (note: there are a whole lot of shopping malls and local markets for the fashionistas out there on the lookout for cheap yet good quality clothing). Our late night direct flight back to Kolkata is on time. After all the hospitality and utterly blissful experience in these few days in this not so distant land from the Indian peninsula, I have only these three words to say- kap khun ka!!!



Aerial view of Phuket province

Travelogue: Thai Thrills

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist



Chalet temple, Phuket

Travelogue: Thai Thrills

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist



Windmill View Point, Rawai, Phuket District

Travelogue: Thai Thrills

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist



Phang Nga Bay

Travelogue: Thai Thrills

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist



James Bond
Island



Panyee Island

Travelogue: Thai Thrills

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist



**Ko Poda
Island**

Travelogue: Thai Thrills

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist

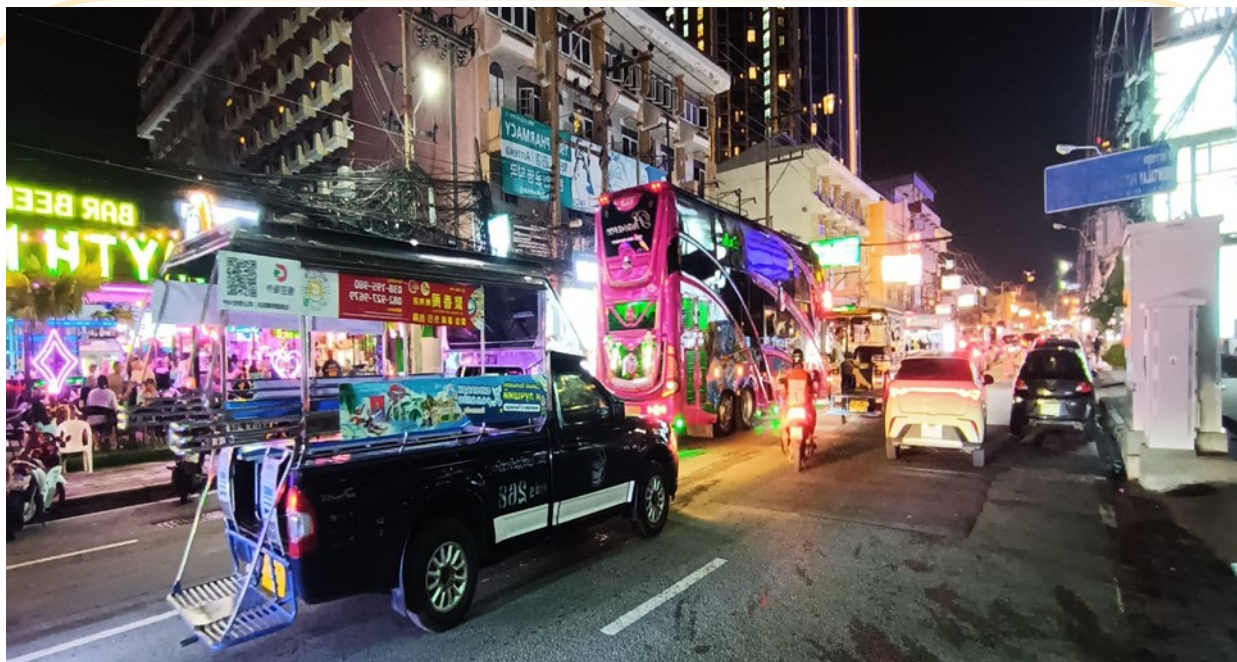


**Ao Nang
and Ko Thap
Islands**



Travelogue: Thai Thrills

Dr. Mayukh Bhattacharya,
MBBS, MD
Consultant Radiologist



Pattaya Night Market



Wat Mahapruettharam Buddhist temple, Bangkok

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 Assam & Arunachal Pradesh, 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.



Photography

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



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Photography

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



Photography

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



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Photography

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



Photography

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Kolkata.



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Radiologist.
Kolkata.



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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



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Glamour Photography

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North Bexley PCN, United Kingdom, PCN



Glamour Photography

Mr. Sushanta Bhadra,

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



Literature: Poem

Dr. Viral Parekh



*In the fading light, a man stands alone,
Carrying the weight of years on his weary
shoulders,
His heart a mosaic of memories,
Interwoven with threads of longing and
tears.*

*Once, he danced under the moon's gentle
gaze,
Chasing dreams with wild abandon,
But now, the mirror reflects a stranger,
A face marked by time, fading into the
shadows.*

*Where are the friends of his youth?
Their laughter lingering in distant mead-
ows,
Now scattered like autumn leaves,*

*Their names whispered by the wind, un-
tethered.*

*He once loved - a flame that burned
fiercely,
Passion captured in stolen glances and
tender sighs,
But love slipped through his fingers,
Leaving behind only echoes of bittersweet
farewells.*

*And oh, for simpler days - the sun's warm
embrace,
The taste of rain on thirsty lips,
When life flowed like a tranquil river,
Not the storm that now threatens to en-
gulf.*

*So here he stands, a guardian of memo-
ries,
A spectator to the ebb and flow of centu-
ries,
For lost youth, lost love, and old friends,
Are the threads that bind our fragile
hearts till the end.*

Viral Parekh

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Photography: Dr. Debabrata Sanyal



11.11.2024 16:22

Next issue in January 2025

I am pleased to announce to release the 57th issue of Reflections! Please save the date, as the next issue is scheduled for release in January 2025. 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 December 25th. 2025.

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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