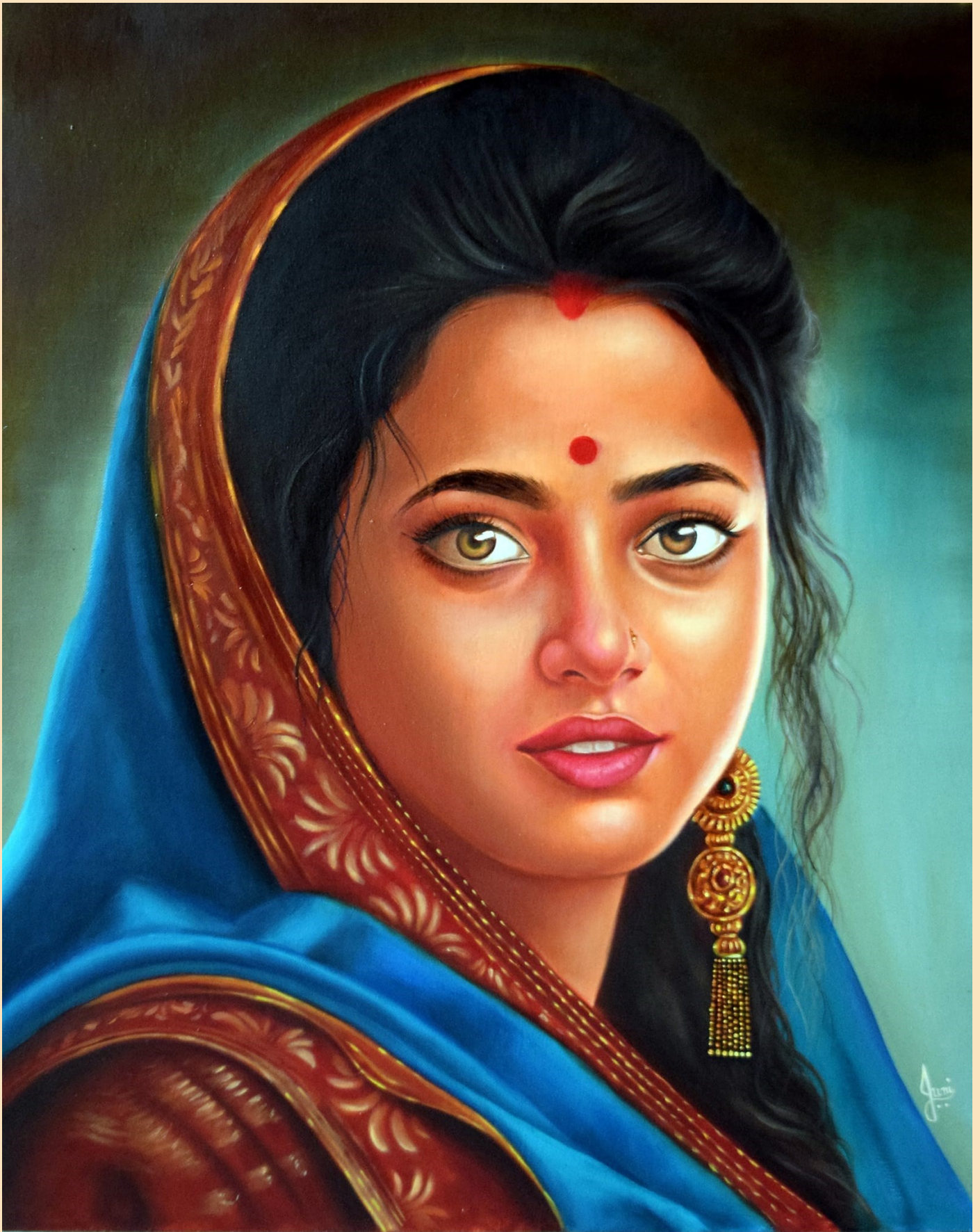


58th. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
JANUARY 2025, VOLUME VI, ISSUE 1.



Painting by : Dr. Juni Menon

REFLECTIONS



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 6

Issue: 1

January 2025

Painting by : Dr. Rati Vajpeyi

REFLECTIONS



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Wish you all a very happy new year: AI generated image

REFLECTIONS

Volume 6 Issue 1

01.01.2025

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



A very happy new year : 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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REFLECTIONS

Volume 6 Issue 1

01.01.2025

Reflections

An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Dr. Viral Parekh

Hello! Namaste, I'm delighted to present the 58th. edition of Reflections. First and foremost, a very happy New Year to everyone.

I'm not sure if you're into the whole destiny thing, but I totally am. There have been moments in my life that felt like they were meant to be, like when I stumbled upon an opportunity that seemed tailor-made for me, or when I met someone who would become a lifelong friend in the most unexpected place. Those instances felt like the universe was aligning, guiding me toward something significant. It's as if the stars were in perfect alignment, and I was simply following a path that had already been laid out for me.

On the flip side, there were also times when something seemed like a sure thing, but destiny had other plans, and it just didn't happen. I can recall a particular situation where I was convinced that a certain thing was going to happen, only to find out that it was not meant to be. It was disheartening, and for a while, I questioned everything. Why did it feel so right if it was destined to fail? Those moments taught me that sometimes, even when we think we have it all figured out, life has a way of throwing us curveballs that redirect our paths in ways we never anticipated.

That said, it doesn't mean you should just sit back and let destiny do all the work. You've got to put in the effort and hustle for destiny to lend a hand. It's like planting seeds in a garden; you can't just throw them in the ground and hope for the best. You need to nurture them, water them, and give them the right conditions to grow. Similarly, while I believe in the power of destiny, I also recognize that it requires our active participation. We have to chase our dreams, take risks, and be open to new experiences. It's about finding that balance between trusting the journey and being proactive in shaping our own futures.

In essence, destiny might set the stage, but it's up to us to play our parts. We need to be willing to step out of our comfort zones, embrace uncertainty, and work hard to create the life we envision. After all, the most beautiful stories often come from a blend of fate and our own determination. So, while I'm all for believing in destiny, I also know that it's our actions that ultimately pave the way for the magic to happen.

I want to extend my thanks to Dr. Sushanta Bhadra, Dr. B. K. Manocha, Dr. Sanjeev Handique, Dr. Juni Menon Dr. Rati Vajpeyi, Dr. Debabrata Sanyal & Dr. Rohini Patil for their contributions that made this issue possible. I am sincerely grateful to each and every one of them.

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Music : G Sharp Major Scale



The G Sharp Major Scale

The G-sharp major scale is made up of the following notes:

1. G# (root)
2. A# (major second)
3. C (major third)
4. C# (perfect fourth)
5. D# (perfect fifth)
6. F (major sixth)
7. G (major seventh)

The interval pattern for the G-sharp major scale is as follows:

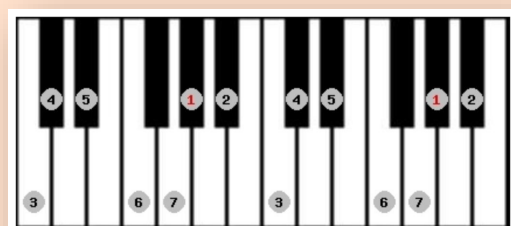
- Whole step (W)
- Whole step (W)
- Half step (H)
- Whole step (W)

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

Thus, the scale can be expressed as:

G# - A# - C - C# - D# - F - G - G#

It's important to note that B# is enharmonically equivalent to C, and E# is enharmonically equivalent to F. However, in the context of the G-sharp major scale, they are written as B# and E# to preserve the proper scale structure.



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

Art - Paintings & Sketches

Dr B. K. Manocha

MBBS, MD.

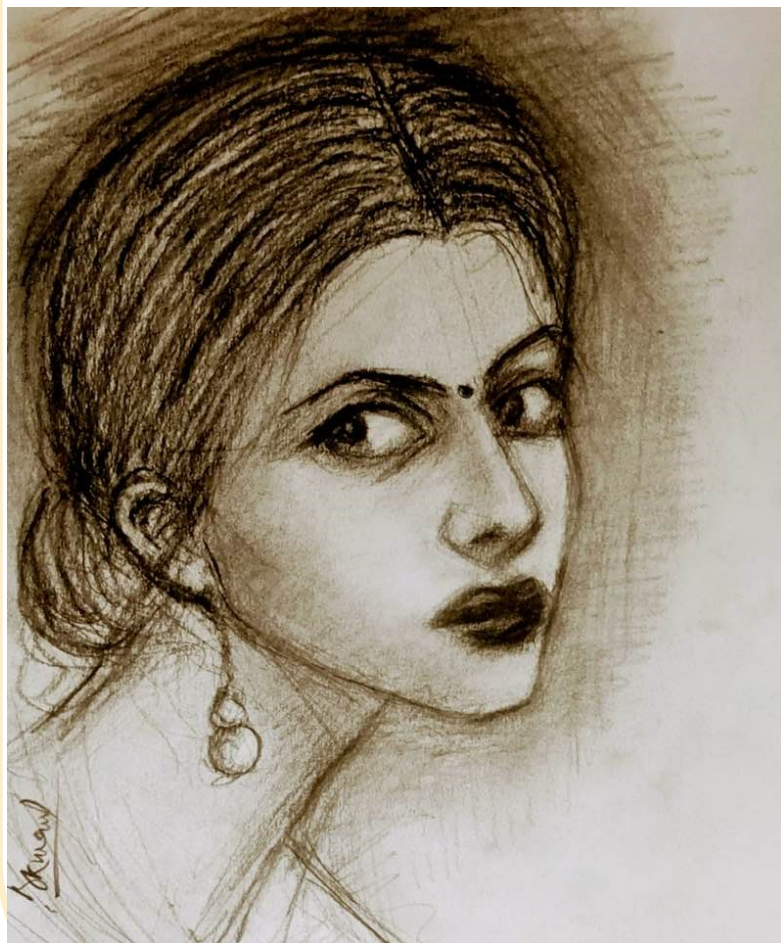
Consultant Paediatrician and Neonatologist.



Dr. Bhupendra Kumar Manocha is a highly experienced Paediatrician and Neonatologist who has dedicated his life to the health and well-being of children for an impressive four decades. Based in Kolkata, he has built a reputable career as a Consultant Paediatrician at both Park Clinic and Bhagirathi Neotia Hospital, where he provides expert care and guidance to families navigating the challenges of child health.

Beyond his medical expertise, Dr. Manocha is also an accomplished artist, with a passion for sketching that has been a part of his life since childhood. His artistic journey culminated in a notable exhibition of his artwork in 2017, where he showcased his talent for a noble cause, using his art to raise awareness and funds for important social issues. This event not only highlighted his skills as an artist but also his commitment to giving back to the community.

While sketching remains his primary artistic focus, Dr. Manocha also possesses a keen eye for street photography. He captures the essence of everyday life through his lens, finding beauty in candid moments and the stories of people around him. His photography complements his sketches, allowing him to explore different facets of human emotion and experience.

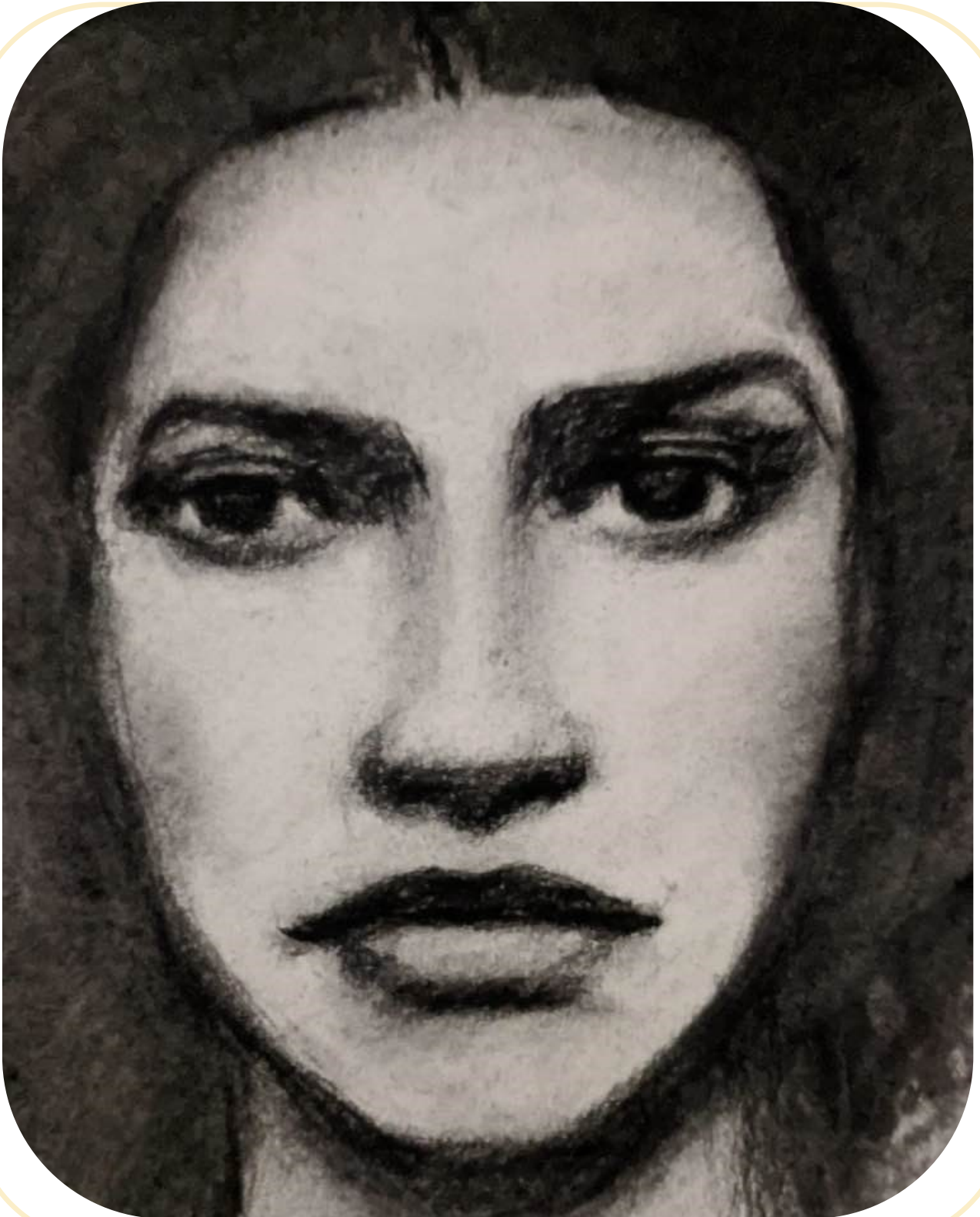


Among his artistic endeavours, Dr. Manocha has created a series of sketches that beautifully portray women in various moods, each piece reflecting the depth and complexity of their emotions. These artworks invite viewers to connect with the subjects on a personal level, evoking empathy and understanding. I highly encourage you to check out some of his sketches; I believe you'll find them not only visually stunning but also deeply resonant. Dr. Manocha's ability to blend his medical profession with his artistic pursuits is truly inspiring, showcasing the multifaceted nature of his talents and passions.

Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

Consultant Paediatrician and Neonatologist.



58th. Edition

Art - Paintings & Sketches

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Art - Paintings & Sketches

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Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

Consultant Paediatrician and Neonatologist, Kolkata.



Art - Paintings & Sketches

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MBBS, MD.

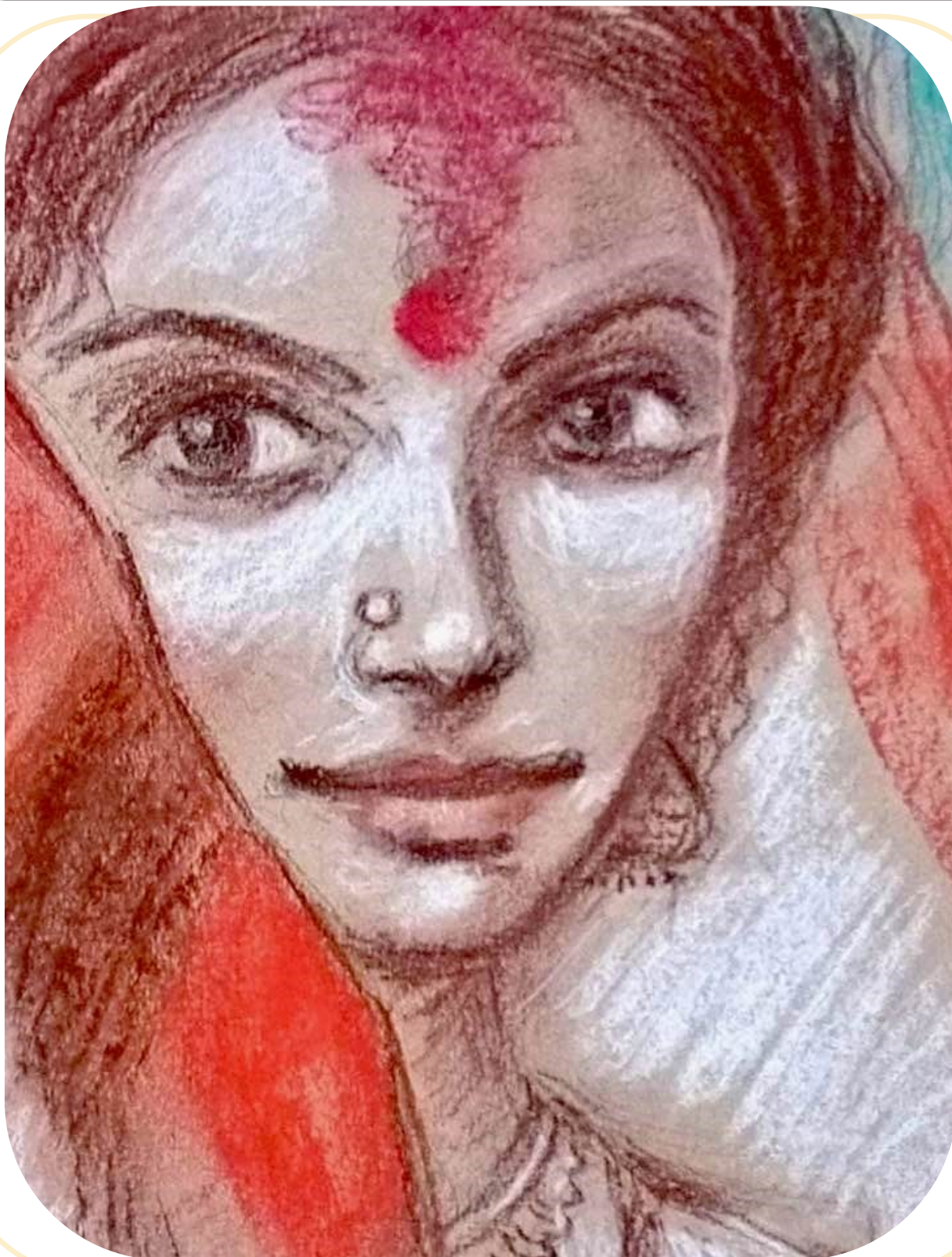
Consultant Paediatrician and Neonatologist, Kolkata.



Art - Paintings & Sketches

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MBBS, MD.

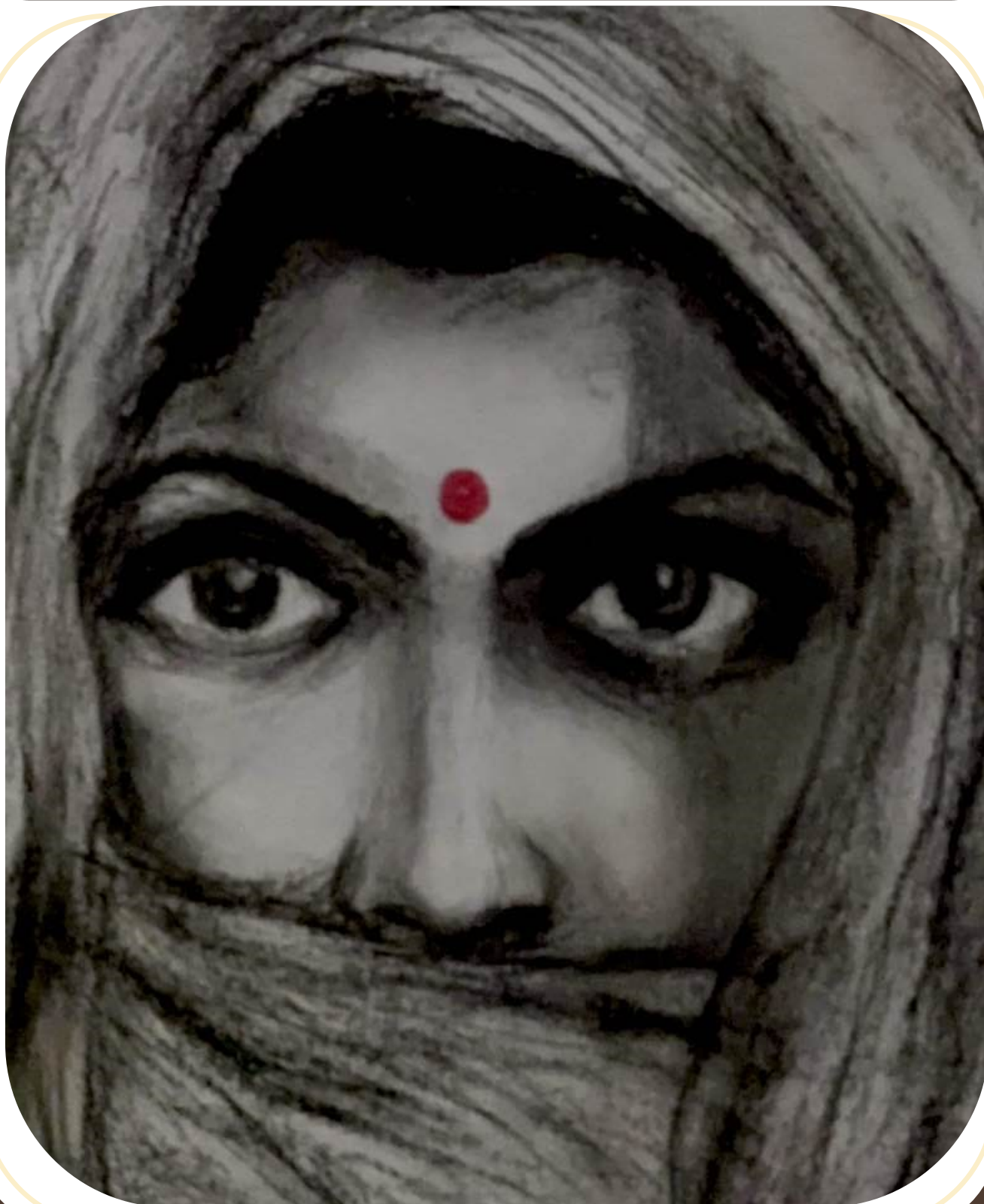
Consultant Paediatrician and Neonatologist, Kolkata.



Art - Paintings & Sketches

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MBBS, MD.

Consultant Paediatrician and Neonatologist, Kolkata.



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MBBS, MD.

Consultant Paediatrician and Neonatologist, Kolkata.



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

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



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MD (PGI) Rad.Onc, FISCC (OX) ,
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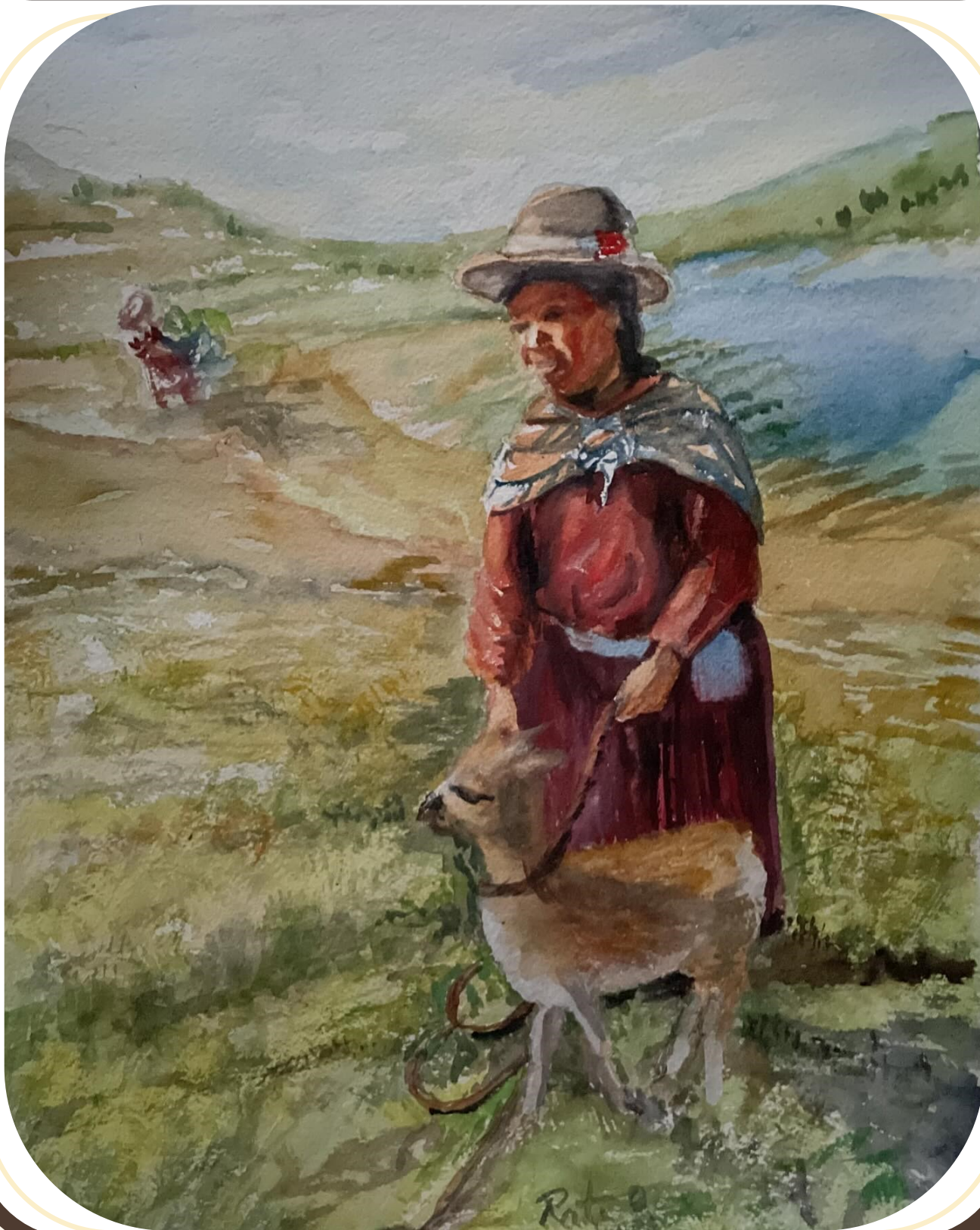
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CANcoach, CRA



58th. Edition

Art - Paintings & Sketches

Dr. Sanjeev Handique, MBBS, MD
Director Radiology & Imaging
GNRC Sixmile Hospital, Guwahati, Assam



Dr. Sanjeev Handique is not just a skilled radiologist but also a dear friend and companion in the medical field. Originating from the vibrant city of Guwahati, he has a rich background that includes his education at the esteemed Assam Medical College, where he honed his medical expertise.

What sets Dr. Handique apart is not only his proficiency in radiology but also his remarkable artistic talents. He has a passion for painting that showcases his creativity and eye for detail. His artwork reflects a unique perspective, often capturing the beauty of everyday life and the world around him.

In addition to painting, Dr. Handique has a fascinating hobby of creating intricate paper scale models of cars. This self-taught skill demonstrates his patience, precision, and dedication to craftsmanship. Each model he constructs is a testament to his meticulous attention to detail and his love for automotive design.

Here are few of his amazing pieces that I'm sure you'll appreciate! It beautifully encapsulates his artistic vision and talent, and I believe it will resonate with anyone who takes the time to admire it. Dr. Handique's ability to balance his medical career with his artistic pursuits is truly inspiring, making him a well-rounded individual with a diverse range of skills and interests.



**“ T h e
S a n g t i
r i v e r i n
t h e e a r l y
m o r n i n g
“
1 5 x 1 1 ”
w a t e r -
c o l o u r
o n
A r c h e s
3 0 0 g s m**

Art - Paintings & Sketches

Dr. Sanjeev Handique, MBBS, MD
Director Radiology & Imaging
GNRC Sixmile Hospital, Guwahati, Assam



Art - Paintings & Sketches

Dr. Sanjeev Handique, MBBS, MD
Director Radiology & Imaging
GNRC Sixmile Hospital, Guwahati, Assam

Off roading
on the Noa
Dihing river
bed - small
watercolour
sketch in my
sketchbook



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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Astrophotography

Mr. Sushanta Bhadra,

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North Bexley PCN, United Kingdom, PCN

How to Photograph the Northern Lights (Aurora Borealis)?
October 2024 - Sushanta Bhadra

This is my first foray into astrophotography and being a first timer, I decided to share my experiences on the topic.

The northern lights (also known as aurora borealis) appear as large areas of colour including pale green, pink, shades of red, yellow, blue and violet in the direction due north. During a weak aurora, the colours are very faint and spread out whereas an intense aurora features greater numbers of and brighter colours which can be seen higher in the sky with a distinct arc. The northern lights are best seen in darkness, away from any light pollution. The lights generally extend from 50 miles to as high as 400 miles above the Earth's surface.

What causes the northern lights?

The northern lights occur as a consequence of solar activity and result from collisions of charged particles in the solar wind colliding with molecules in the Earth's upper atmosphere.

Solar winds are charged particles that stream away from the Sun at speeds of around 1 million miles per hour. When the magnetic polarity of the solar wind is opposite to the Earth's magnetic field, the two magnetic fields combine allowing these energetic particles to flow into the Earth's magnetic north and south poles. Auroras usually occur in a band called the annulus (a ring about 1,865 miles across) centred on the magnetic pole. The arrival of a Coronal Mass Ejections (CME) from the Sun can cause the annulus to expand, bringing the aurora to lower latitudes.

Depending on which gas molecules are hit and where they are in the atmosphere, different amounts of energy are released as different wavelengths of light. Oxygen gives off green light when it is hit 60 miles above the Earth, whilst at 100-200 miles rare, all-red auroras are produced. Nitrogen causes the sky to glow blue yet when higher in the atmosphere the glow has a purple hue.

I'm sure it is possible to photograph some kind of shots of the northern lights with our phones. However, when talking about a decent quality image, you need a DSLR or mirrorless camera.

Astrophotography

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How to Photograph the Northern Lights (Aurora Borealis)? October 2024 - Sushanta Bhadra

What kind of equipment is needed to capture Aurora?

- DSLR or a mirrorless camera that can handle high ISO settings up to 6400 without being overly grainy. For these pictures I used my trusty Canon R5 mirrorless.
- Wide-angle lens between 12 to 24 mm (full-frame equivalent) with an aperture between f/1.4 to f/2.8- I used a canon fit Samyang 14 mm fisheye Tripod- this is a must. A strong and stable tripod like manfrotto is useful.

Where to capture the northern lights and when?

- Go north and shoot towards the north is an excellent place to start. Some areas that I think are worthy of consideration to capture Auroras: Finnish Lapland, Swedish Lapland, Iceland, Svalbard, and Northern Norway.
- Stay away from city lights. If you have captured night shots, you know how bad those lights can look on the horizon, that's why I always recommend avoiding light pollution.
- The best time to capture the Aurora Borealis is from autumn until spring.

How to know when to shoot?

- Other than continually looking at the evening sky, there are plenty of different apps that show you forecast for Auroras. The forecasts use the KP index, which is a scale of geomagnetic activity. The higher the KP, the higher the chance of seeing the Aurora in lower latitudes. For example, if a place you are visiting has usual visibility when it's KP 3, then you might want to head out even when it's KP 2 because you might get lucky. Some of my favorite Aurora Borealis forecast apps are Aurora Now, Aurora Fcst, and My Aurora Forecast.
- Check the weather forecast and hope for clear skies, but remember to look out because sometimes the estimates are wrong, and you don't want to miss out on the show!

Astrophotography

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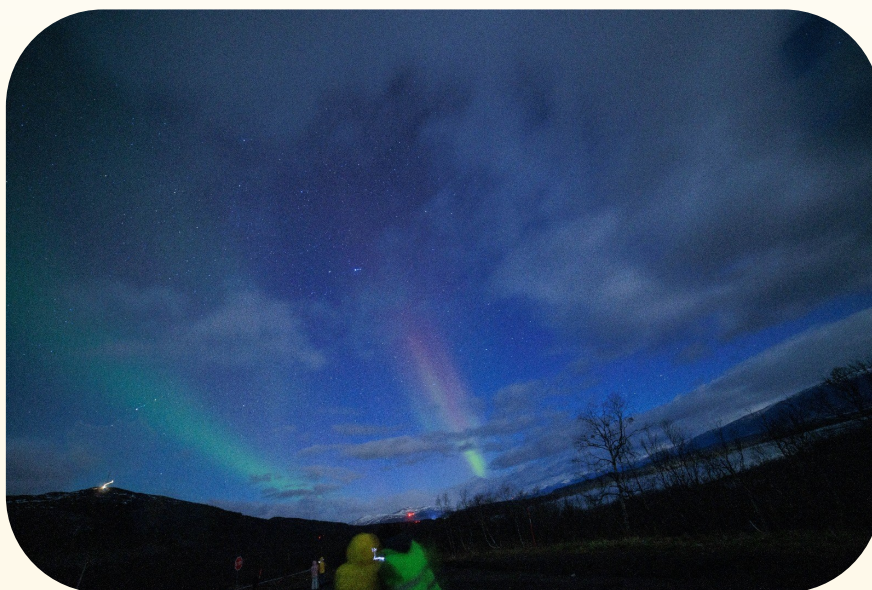
**How to Photograph the Northern Lights (Aurora Borealis)?
October 2024 - Sushanta Bhadra**

What settings to use?

- Use the manual mode on your camera and manual focusing. Set it to infinity.
- ISO between 800-6400 depending on the brightness of the scenery and Aurora.
- Use f/2.8 or smaller f-stop numbers- 1.8 is probably best
Shutter speed depends on how fast or bright the northern lights are. Shutter speed can be between 4 to 30 seconds. The most common is somewhere between 10-25 seconds in my experience. You must figure it out as you shoot.

Tips on taking the photographs.

- Try to find different perspectives: look up, look for reflections, and unique subjects.
- Focus on having the Aurora in line with the subject. Circle around the subject you are focusing on and try to find creative angles.
- Aurora is a great way to compose a subject because it works great as a leading line.



Astrophotography

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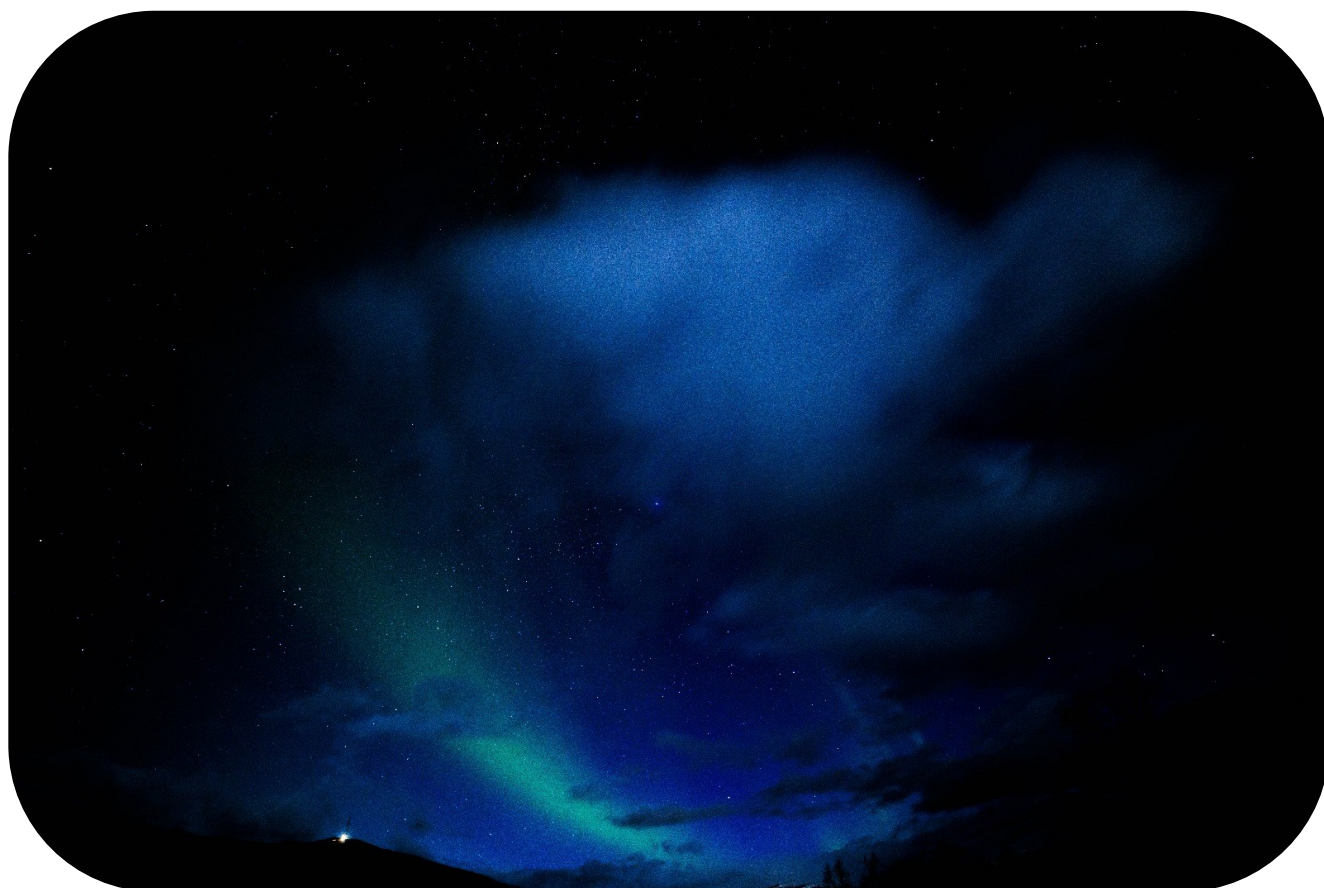
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Literature: Poem



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.

CONFERENCE

Registration done
Reminders messages ;real fun
Venue dates confirm
Now hunt for locum.....

D day approaching fast
Finishing surgeries
None should last....
Birthdays happen ;oh so fast....

"Sarees and gown"
Become talk of the town
Heels are cracked
Nailpolish's chipped

Hammering to staff
Hundred times a day
Remember next 4 days
Am going to be away...
Not one will come in labour
For I am in 5th gear
If at all; one should appear
Dial this no. and call this doctor.....

At the outset I feel so young
Fully exhausted; just day one
Snacks and meals
Photos and reels....

No one to my rescue
As I struggle with high heels

Saree is one burden
Jewellery is to second
Wish I could change
Into trousers n return....

Day 2 and 3
Countdown begun....
Magic fades
And homesick I become....

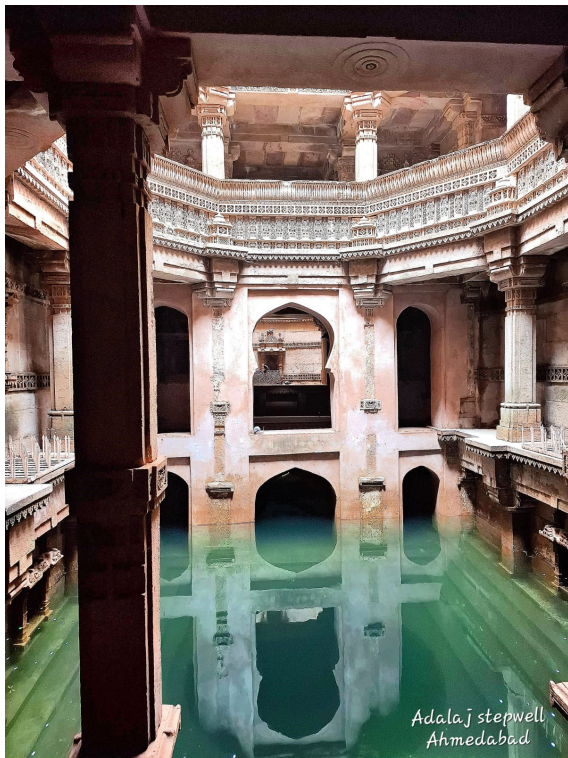
Day 4 banquet gala and dinner
Patience grows thinner
Tiredness overcomes...
My passion and vigour

Sitting in a cab
Hush hush Dear God
Am done all done
As I scroll my phone
Another conference pops up...
Good Lord I must attend that one...

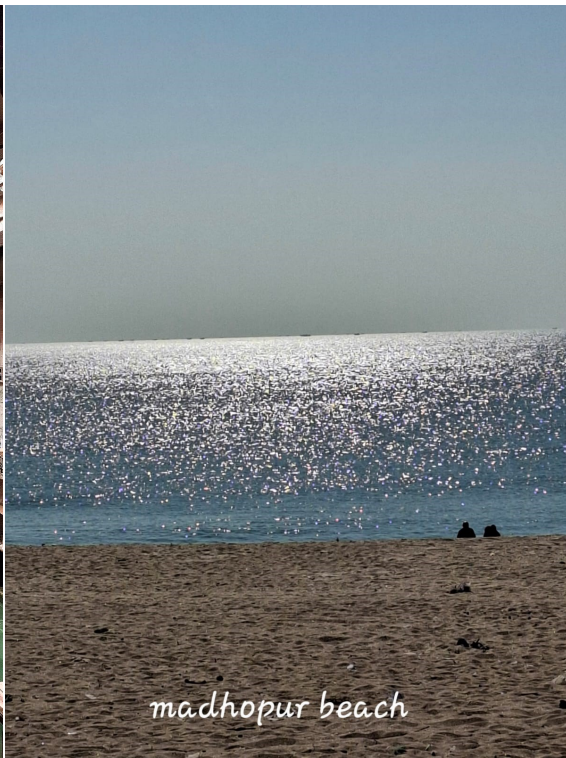
ROHINI

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

Photography: Dr. Debabrata Sanyal



Adala J stepwell
Ahmedabad



madhopur beach

Next issue in February 2025

I am pleased to announce to release the 58th issue of Reflections! Please save the date, as the next issue is scheduled for release in February 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 January 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.

58th. Edition