

59th. Edition

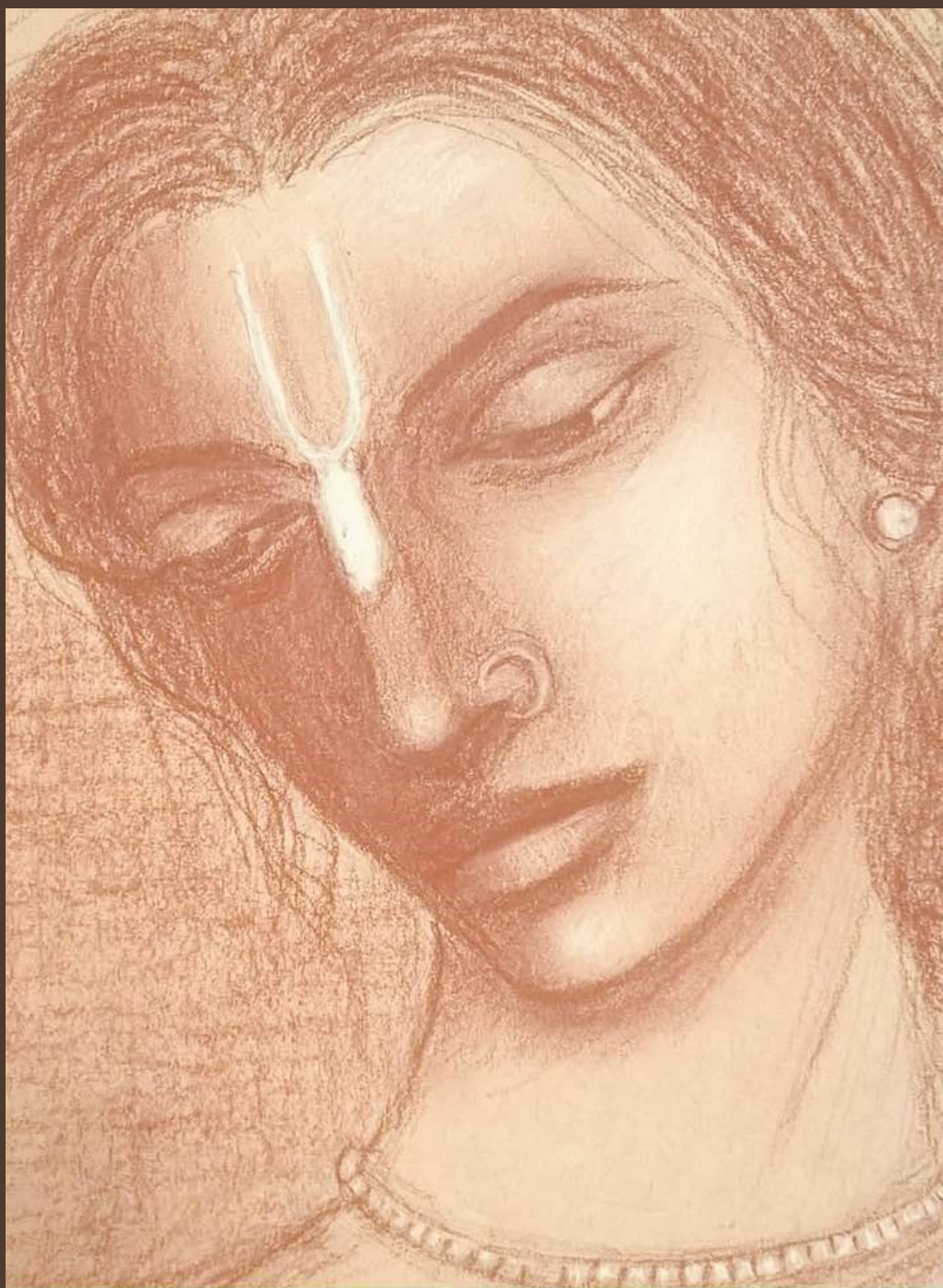
REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
FEBRUARY 2025, VOLUME VI, ISSUE 2.



Painting by : Dr. Bhupendra Manocha

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An e-magazine showcasing the artistic talents of Medics

Volume: 6

Issue: 2

February 2025

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Photography: Dr. Sushanta Bhadra

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Photography: Dr. Viral Parekh

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Special points of interest:

- **Paintings:** Dr. Bhupendra Manocha, Dr. Rati Vajpeyi & Dr. Sanjeev Handique.
- **Photography:** Dr. Sushanta Bhadra, & Dr. Viral Parekh
- **Poem:** Dr. Rohini Patil

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Radiologist's Musings - Dr. Viral Parekh

Hello! Namaste, I'm delighted to present the 59th. edition of Reflections. It's interesting how some individuals enter our lives and instantly brighten our days, bringing a sense of joy and positivity that feels almost contagious. They have this incredible ability to lift our spirits, making even the dulllest moments feel vibrant and full of life. Whether it's through their laughter, support, or just their presence, these people remind us of the beauty in the world and help us appreciate the little things that often go unnoticed.

On the flip side, there are those who seem to have a talent for draining the happiness right out of us. You know the type - those who always have a complaint or a negative story to share or want to use you or derive benefit from you , leaving you feeling heavy and exhausted after spending time with them. It's frustrating because you might find yourself wishing you had never crossed paths with them in the first place. Their energy can be so overwhelming that it makes you question your own choices and the people you allow into your life.

It's a tough realization when you recognize that some relationships are more of a burden than a blessing. You might start to wonder why you ever let these negative influences in, especially when they make you doubt your own happiness. It's important to surround yourself with those who uplift you and to be mindful of the energy you invite into your life. After all, life is too short to spend it feeling weighed down by negativity when there are so many wonderful people out there who can bring joy and light into your days.

I want to extend my thanks to Dr. Sushanta Bhadra, Dr. B. K. Manocha, Dr. Sanjeev Handique, Dr. Rati Vajpeyi, & 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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Origins of Sound



The origins of music in ancient societies are closely linked to human existence, acting as a vital means of communication, celebration, and connection to nature. From early on, music emerged as a powerful tool for expression, enabling humans to convey emotions, share stories, and strengthen community bonds.

In ancient tribes, drumming became central to social life. Drums, made from animal skins over hollowed logs or clay, resonated with the earth's pulse. Tribal drumming was a communal activity that united people for rituals and celebrations, fostering a sense of identity. During harvest festivals and gatherings, drums invited collective joy and gratitude.

Early humans also explored melodic expression by crafting flutes from bones, reeds, or wood, marking a significant advancement in music. Archaeological finds show flutes over 35,000 years old, allowing haunting melodies that mimicked nature. Playing these flutes often intertwined with spiritual practices, as music was believed to connect the physical and spiritual realms.

Songs were crucial for storytelling and preserving history in ancient societies.

Image generated by AI

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.

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.

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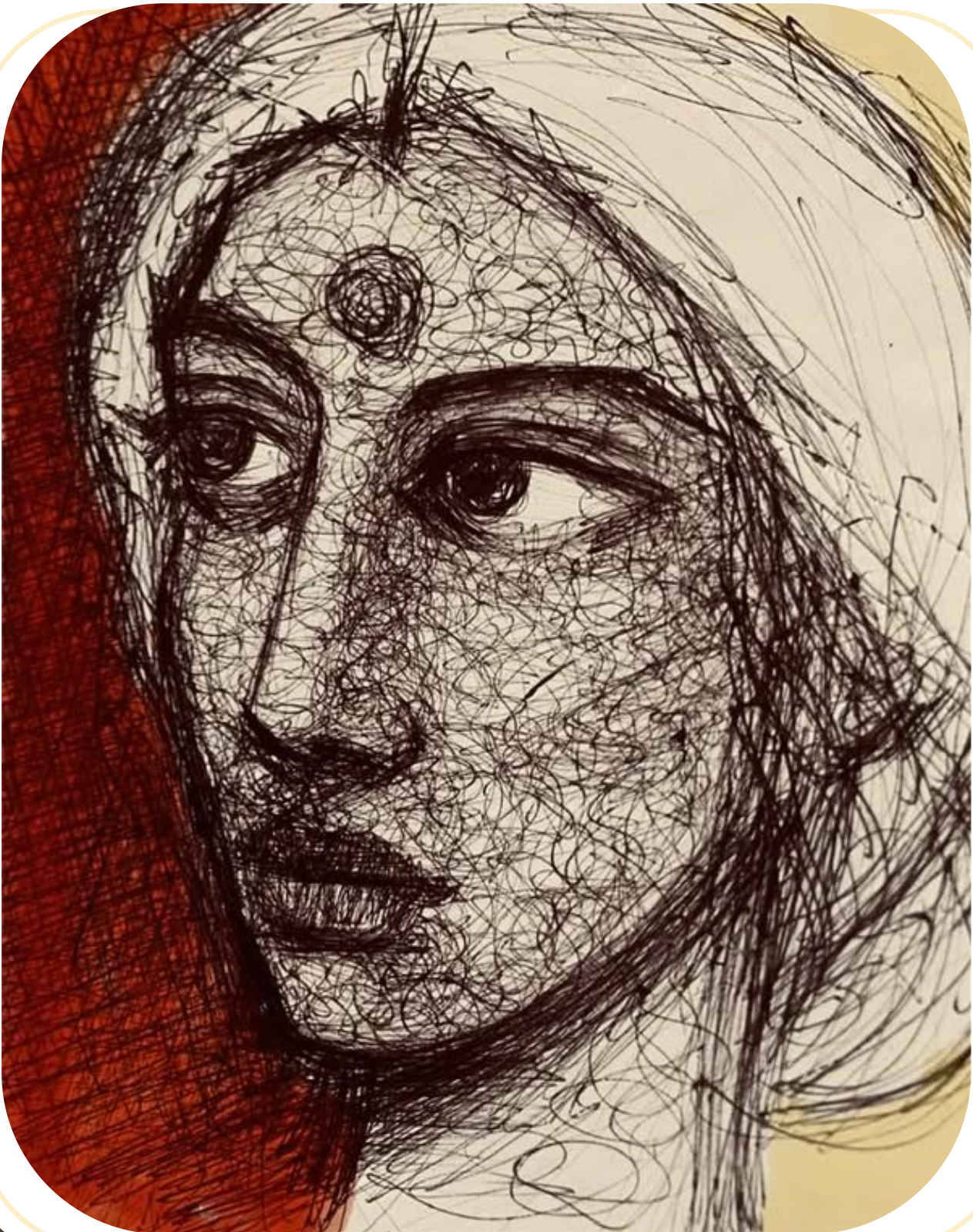
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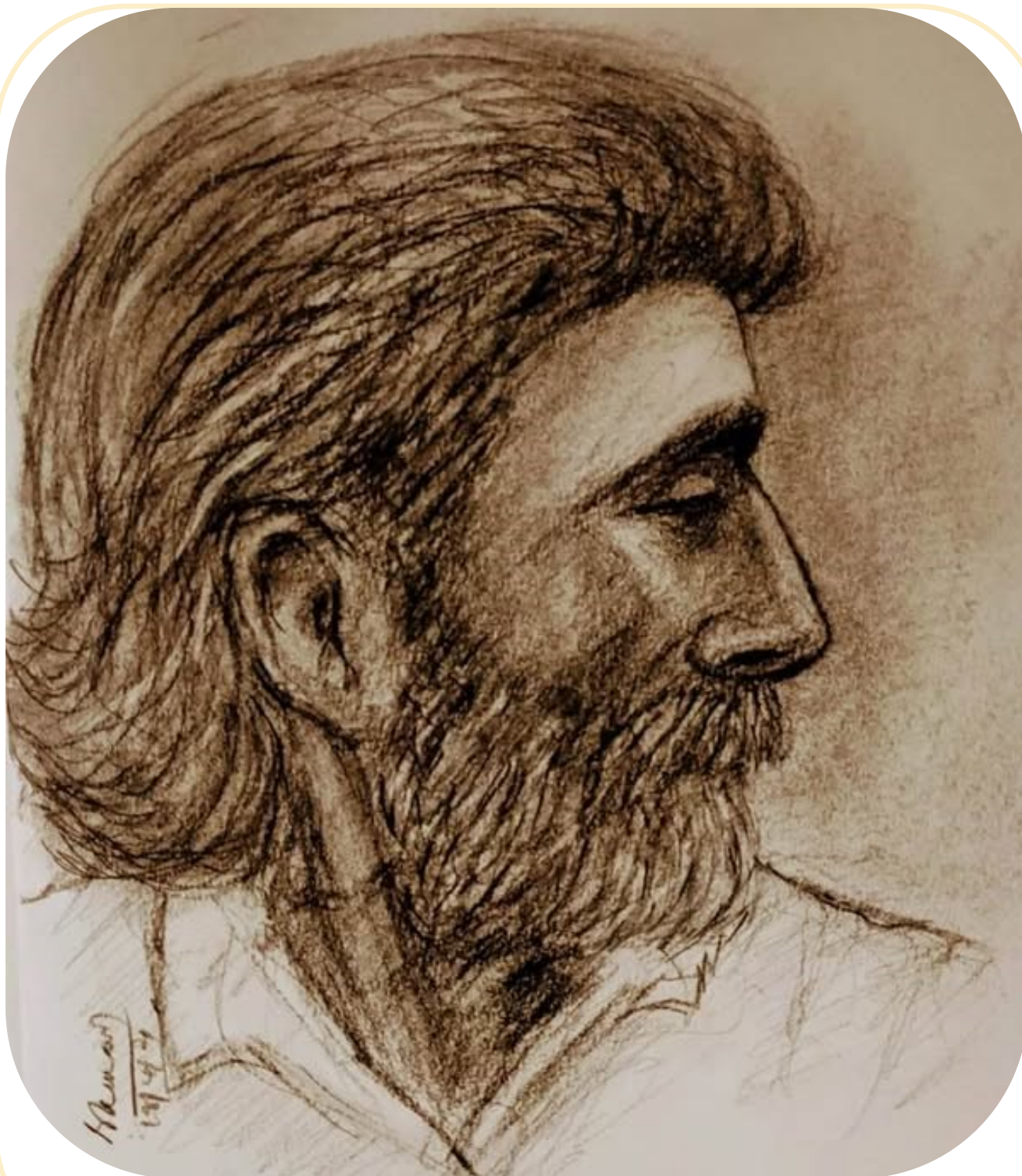
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Art - Paintings & Sketches

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.

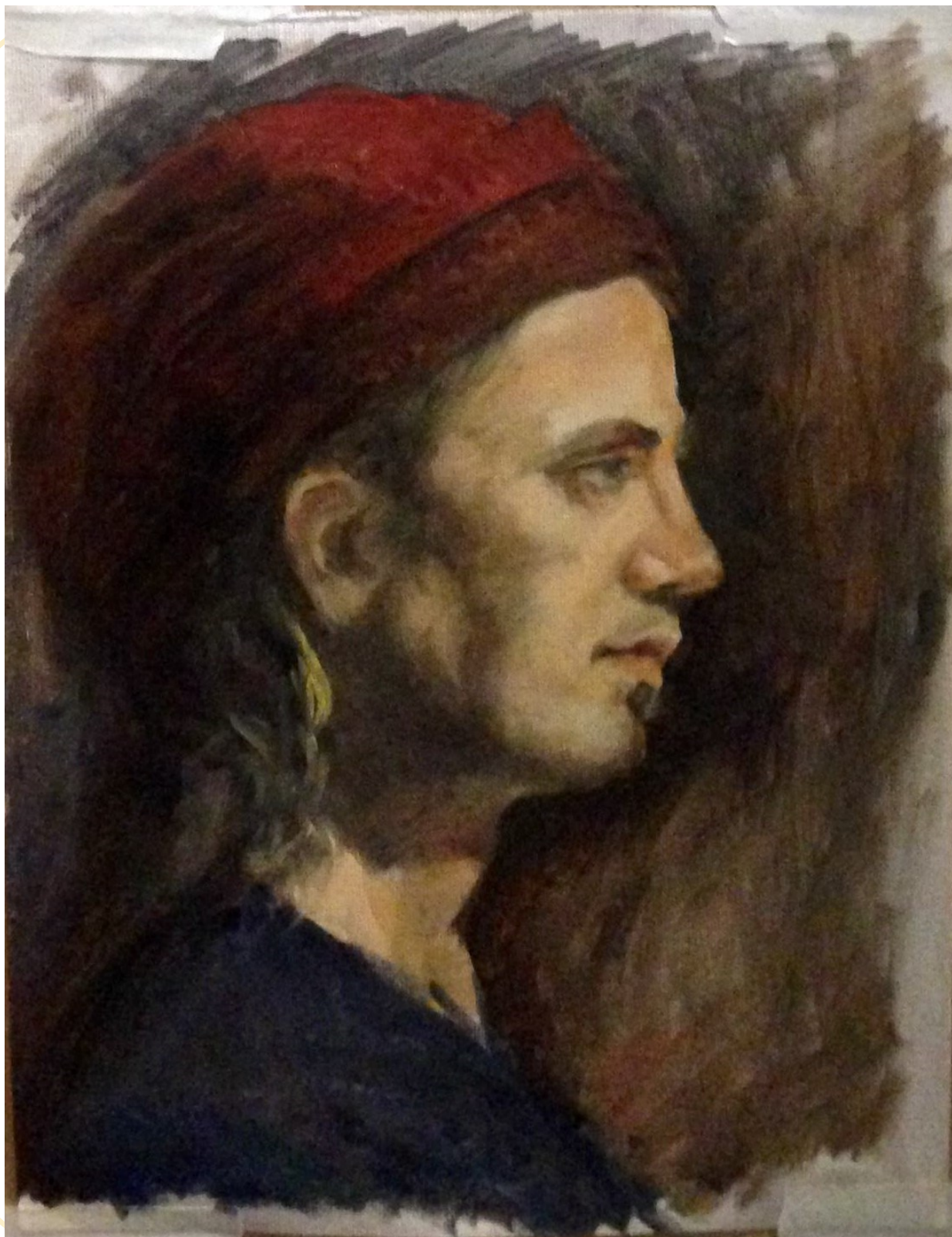
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CANcoach, CRA



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.

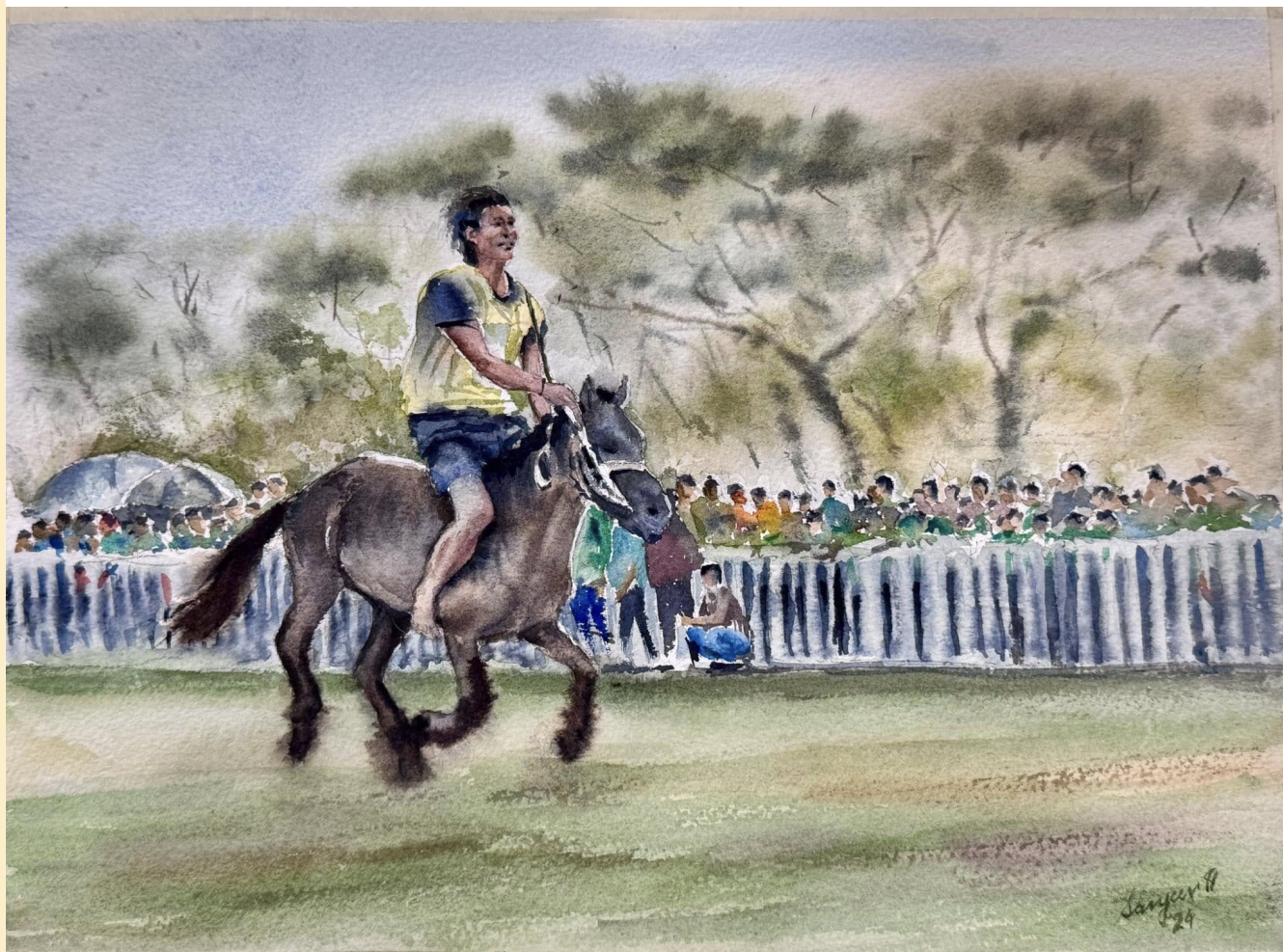
Jorhat Gymkhana



Art - Paintings & Sketches

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

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Director Radiology & Imaging
GNRC Sixmile Hospital, Guwahati, Assam

Jorhat Gymkhana



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,

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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 Vidyalaya in Kathak Nritya. Currently, she is on the verge of publishing a booklet of four liners and has graciously shared two of her poems with us.

DONT LOSE YOUR DICE

Hold ground
Be strong
Stay put stay calm
Breathe deep
Breathe strong
Stay put stay calm

The dice is yours
You roll you play
Just hold your dice
Never ever give away

Write your destiny
With your own pen
Write all you want
Don't borrow or lend

All pages are yours
You scribble or draw
Your hand be steady
Don't ever withdraw

You roll you win
You don't;
Others will
So retain your dice
Just roll and throw
Come what may
Never ever let go.....

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Bhayavadar, Gujarat: The land of my ancestors. Photography: Dr. Viral Parekh



Next issue in March 2025

I am pleased to announce to release the 59th issue of Reflections! Please save the date, as the next issue is scheduled for release in March 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 February 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.