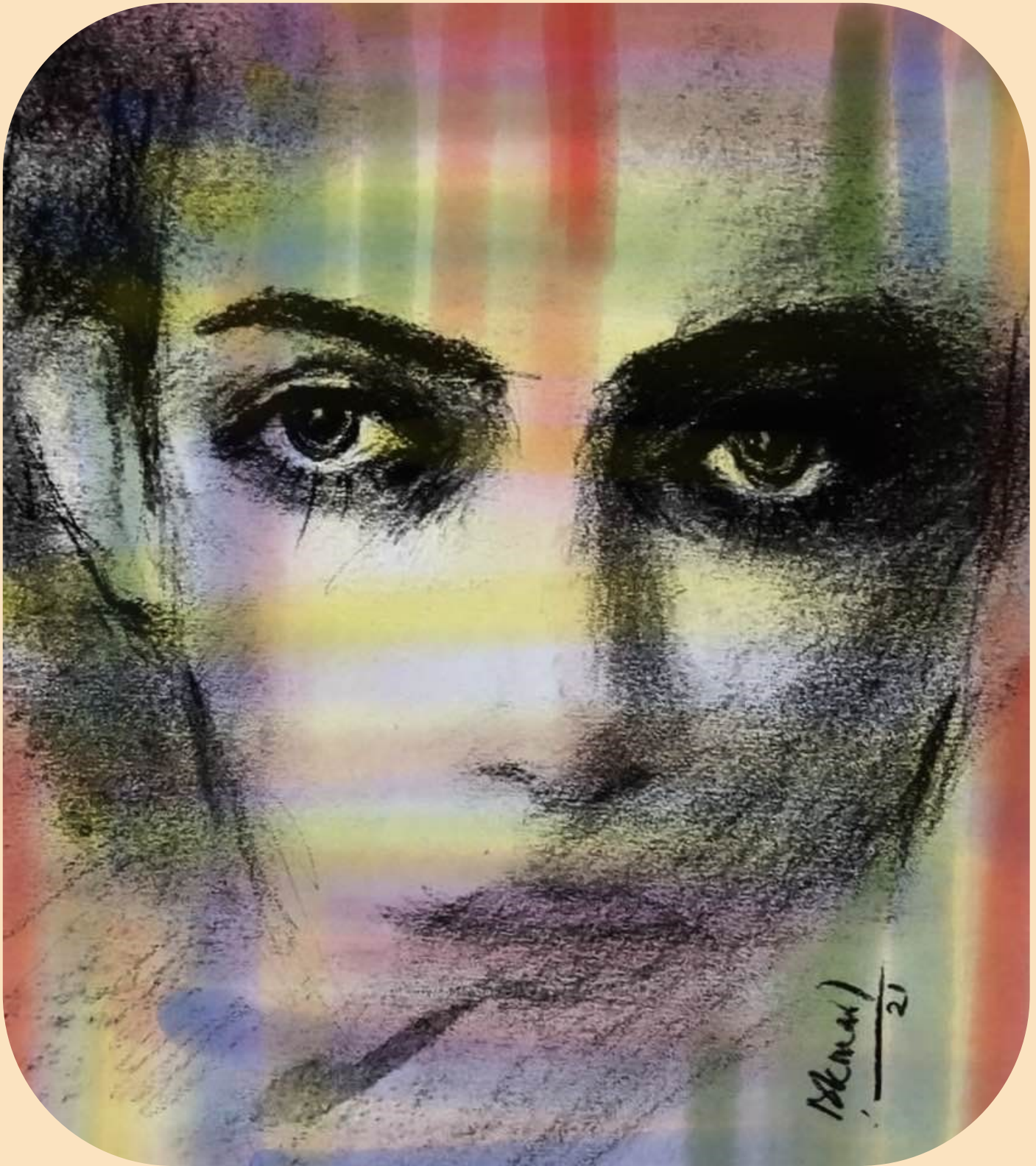


60th. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
MARCH 2025, VOLUME VI, ISSUE 3.



Painting by : Dr. Bhupendra Manocha

REFLECTIONS MARCH



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 6

Issue: 3

March 2025

Painting by : Dr. Sushama Marulkar

REFLECTIONS MARCH



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Happy Holi : AI generated image

REFLECTIONS MARCH

Volume 6 Issue 3

01.03.2025

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. Bhupendra Manocha, Dr. Juni Menon, Dr. Sushama Marulkar & Dr. Sanjeev Handique.
- **Photography:** Dr. Sushanta Bhadra, & Dr. Debabrata Sanyal.

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Volume 6 Issue 3

01.03.2025

Reflections

An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Dr. Viral Parekh

Hello! Namaste, I'm delighted to present the 60th. edition of Reflections. First and foremost, a very happy Holi to everyone.

When someone passes away, the immediate response from friends and acquaintances often manifests in the form of condolence messages shared in social media groups. These messages, while intended to express sympathy and support, can sometimes feel rushed or formulaic, as if they are more about fulfilling a social obligation than conveying genuine emotion. The digital landscape allows for quick reactions, and in the wake of tragedy, it's not uncommon to see a flurry of heartfelt messages that may lack depth or personal connection.

However, what can be even more striking is the swift transition that follows. Just a few minutes after the sombre posts about loss, the same individuals who expressed their sorrow may turn their attention to celebrating life by wishing others a happy birthday. This abrupt shift can come across as jarring and disingenuous. It raises questions about the sincerity of both the condolences and the celebratory messages. Are we truly mourning the loss of a life, or are we merely participating in a social ritual? And when we pivot so quickly to joy and celebration, does it diminish the weight of the grief we just acknowledged?

This phenomenon highlights a broader societal hypocrisy. It reflects a tendency to engage in performative acts of empathy and celebration without fully processing the emotions involved. The juxtaposition of mourning and celebration in such a short span of time can feel like a stark contradiction, revealing a discomforting truth about our interactions in the digital age. It suggests that our expressions of grief and joy may sometimes be more about appearances than authentic feelings.

In a world where social media often dictates the rhythm of our interactions, the lines between genuine emotion and social performance can become blurred. The result is a landscape where both condolence messages and birthday wishes may feel hollow, lacking the depth and sincerity that true human connection demands. This pattern not only underscores our collective hypocrisy but also invites us to reflect on how we engage with one another during both the highs and lows of life. Are we truly present in our expressions of support and celebration, or are we simply going through the motions, caught in the cycle of social expectations?

I want to extend my thanks to Dr. Sushanta Bhadra, Dr. B. K. Manocha, Dr. Sanjeev Handique, Dr. Juni Menon, Dr. Sushma Marulkar, 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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The Significance of Music Across Various Cultures Globally

Music is a universal language that transcends borders, cultures, and generations. It serves as a powerful medium for expression, communication, and connection. Across the globe, music plays a vital role in cultural identity, social cohesion, and the preservation of history. This exploration delves into the significance of music in various cultures, highlighting traditional instruments, folk tunes, and the narratives that accompany them.

African Drumming: The Heartbeat of Community

Traditional Instruments: African drumming is characterized by a variety of percussion instruments, including the djembe, talking drum, and conga. Each instrument has its unique sound and cultural significance, often used in communal gatherings, ceremonies, and celebrations.

Folk Tunes: The rhythms of African drumming are deeply rooted in the continent's diverse cultures. Each region has its distinct styles, such as the polyrhythmic patterns of West African music or the intricate beats of East African drumming. These folk tunes often accompany dances, rituals, and storytelling, reinforcing community bonds.

Narratives: African music is rich in storytelling, often conveying historical events, moral lessons, and cultural values. The oral tradition is preserved through songs

that recount the tales of ancestors, heroes, and everyday life. Drumming serves not only as entertainment but also as a means of communication, conveying messages and emotions that words alone cannot express.

Indian Classical Music: A Spiritual Journey

Traditional Instruments: Indian classical music is distinguished by its use of instruments such as the sitar, tabla, and sarod. Each instrument contributes to the intricate melodies and rhythms that define this genre, often associated with spiritual and meditative practices.

Folk Tunes: The two main traditions of Indian classical music—Hindustani (North Indian) and Carnatic (South Indian)—each have their unique folk influences. Ragas, the melodic frameworks, are often linked to specific times of day or seasons, creating a deep connection between music and nature.

Narratives: Indian classical music is steeped in mythology and spirituality. Many compositions are inspired by ancient texts, deities, and philosophical concepts. The performance of ragas is not merely an artistic endeavour but a spiritual journey, inviting listeners to experience transcendence and connection with the divine.

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The Significance of Music Across Various Cultures Globally

Indigenous American Music: The Soul of the Earth

Indigenous American music is a profound expression of the cultural, spiritual, and historical experiences of Native American peoples. It serves as a vital link between the past and present, embodying the rhythms of the earth and the voices of ancestors. This music is not merely entertainment; it is a sacred art form that reflects the deep connection between Indigenous communities and their environment, spirituality, and identity.

Historical Context

The roots of Indigenous American music can be traced back thousands of years, long before European contact. Each tribe and nation has its own unique musical traditions, often passed down orally through generations. These traditions encompass a wide range of styles, instruments, and purposes, from ceremonial songs and healing chants to storytelling and social dances. The music often reflects the natural world, incorporating sounds that mimic the environment, such as the rustling of leaves, the flow of water, and the calls of animals.

Instruments and Techniques

Indigenous American music features a variety of traditional instruments, many of which are crafted from natural materials. Common instruments include:

- **Drums:** Often considered the heartbeat of the earth, drums are central to many Indigenous musical traditions. They are used in ceremonies, dances, and social

gatherings, providing a rhythmic foundation for songs.

Flutes: Made from wood, bone, or reeds, flutes are used for both solo performances and accompaniment. Their haunting melodies often evoke the beauty of nature and the emotions of the human experience.

Rattles: These instruments, made from gourds or shells filled with small stones or seeds, are used in rituals and dances to create a percussive sound that enhances the music's spiritual significance.

Vocals: Singing is a fundamental aspect of Indigenous music, often characterized by call-and-response patterns, intricate vocal techniques, and the use of language that reflects the community's worldview.

Spiritual and Cultural Significance

Indigenous American music is deeply intertwined with spirituality and cultural identity. Many songs are created for specific ceremonies, such as healing rituals, seasonal celebrations, and rites of passage. These songs often invoke the presence of spirits, ancestors, and natural forces, reinforcing the belief that music is a conduit for communication with the divine.

Moreover, music plays a crucial role in storytelling, preserving the history and teachings of Indigenous peoples. Through songs, stories of creation, migration, and cultural values are shared, ensuring that the wisdom

Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

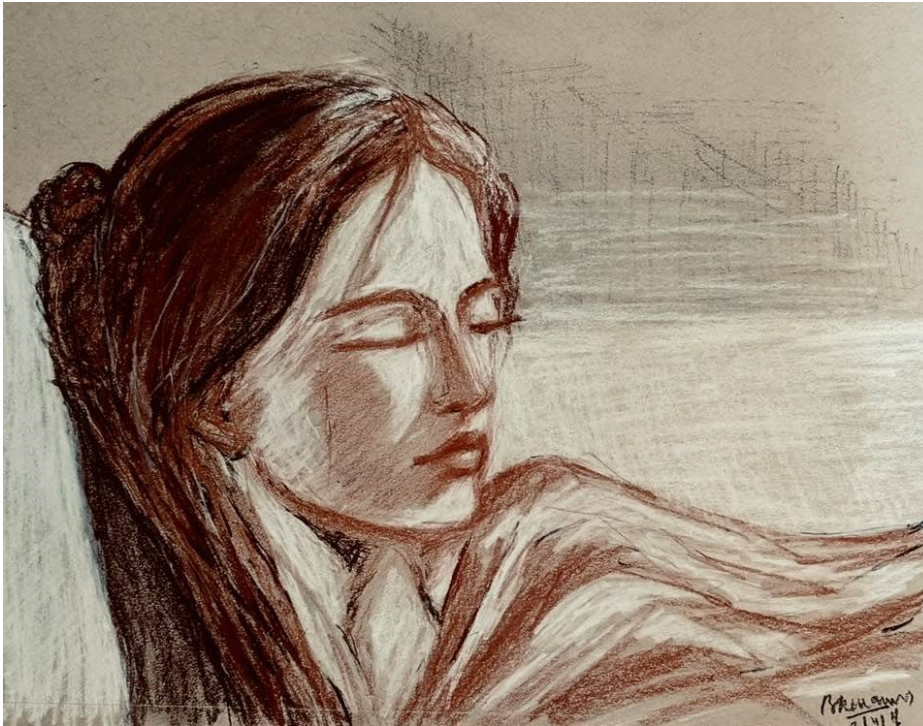
Consultant Paediatrician and Neonatologist.



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.



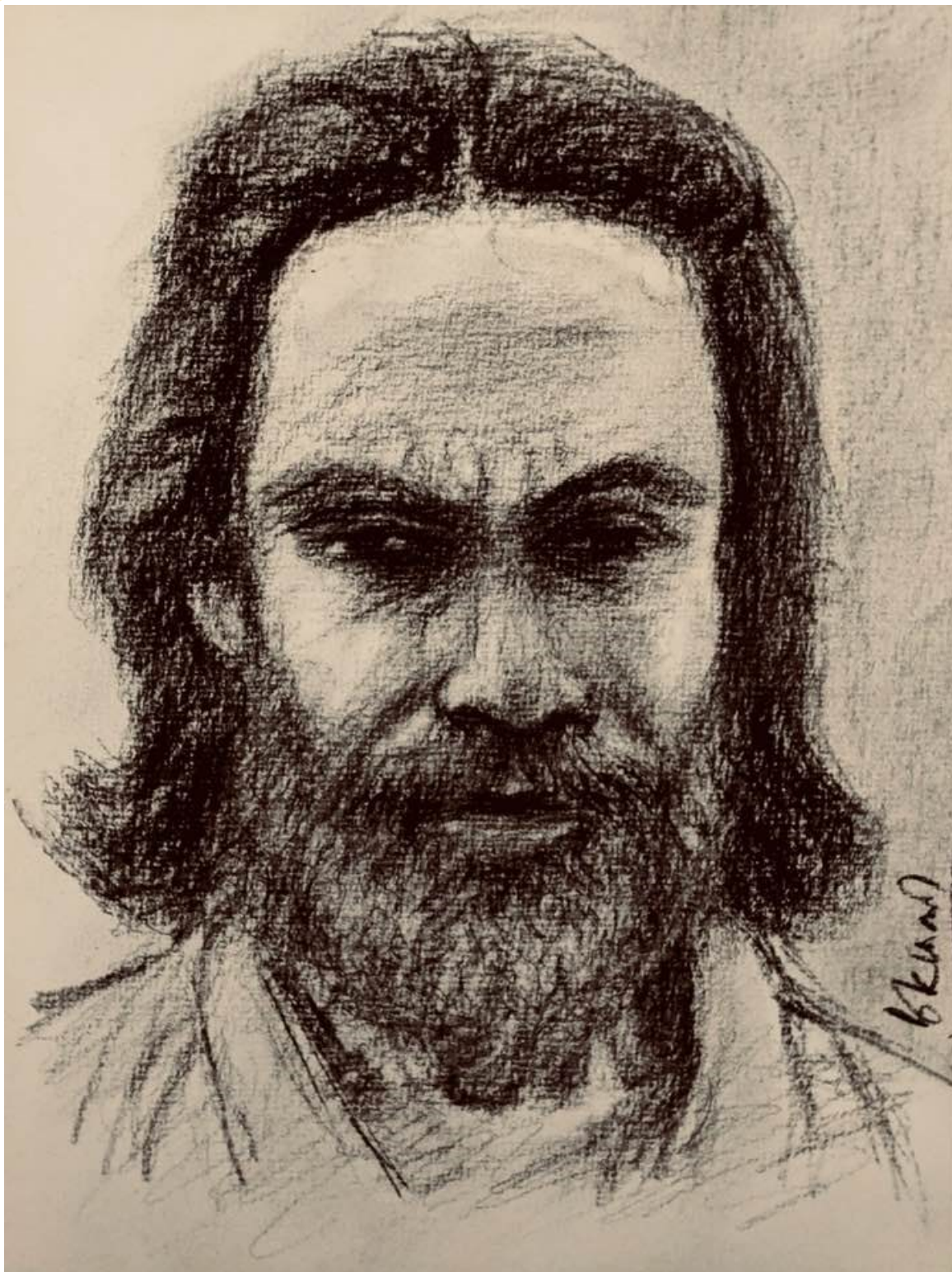
Among his artistic endeavours, Dr. Manocha has created a series of sketches that beautifully portray women in various moods, each piece reflecting the depth and complexity of their emotions. These artworks invite viewers to connect with the subjects on a personal level, evoking empathy and understanding. 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.

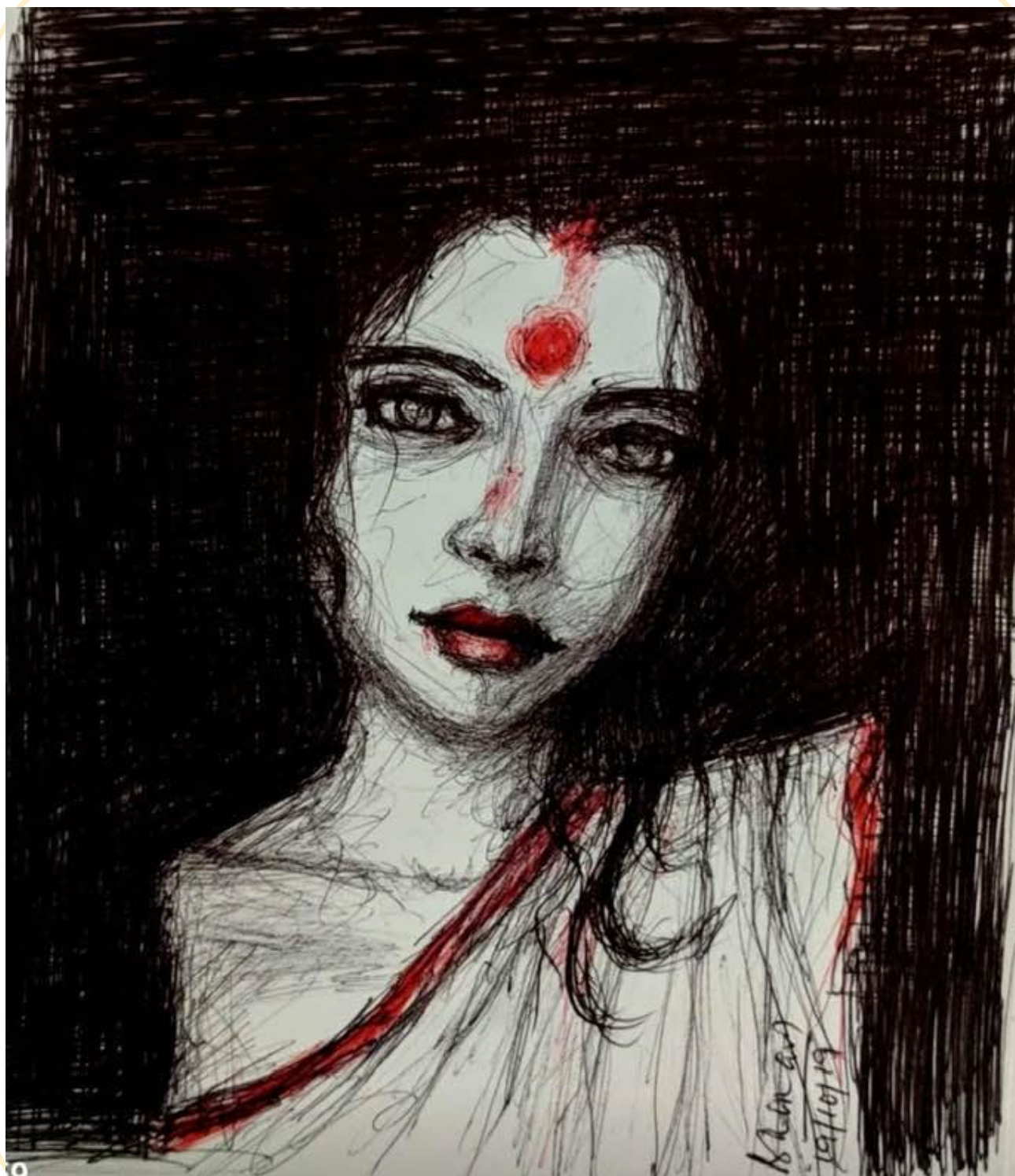
Consultant Paediatrician and Neonatologist.



Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

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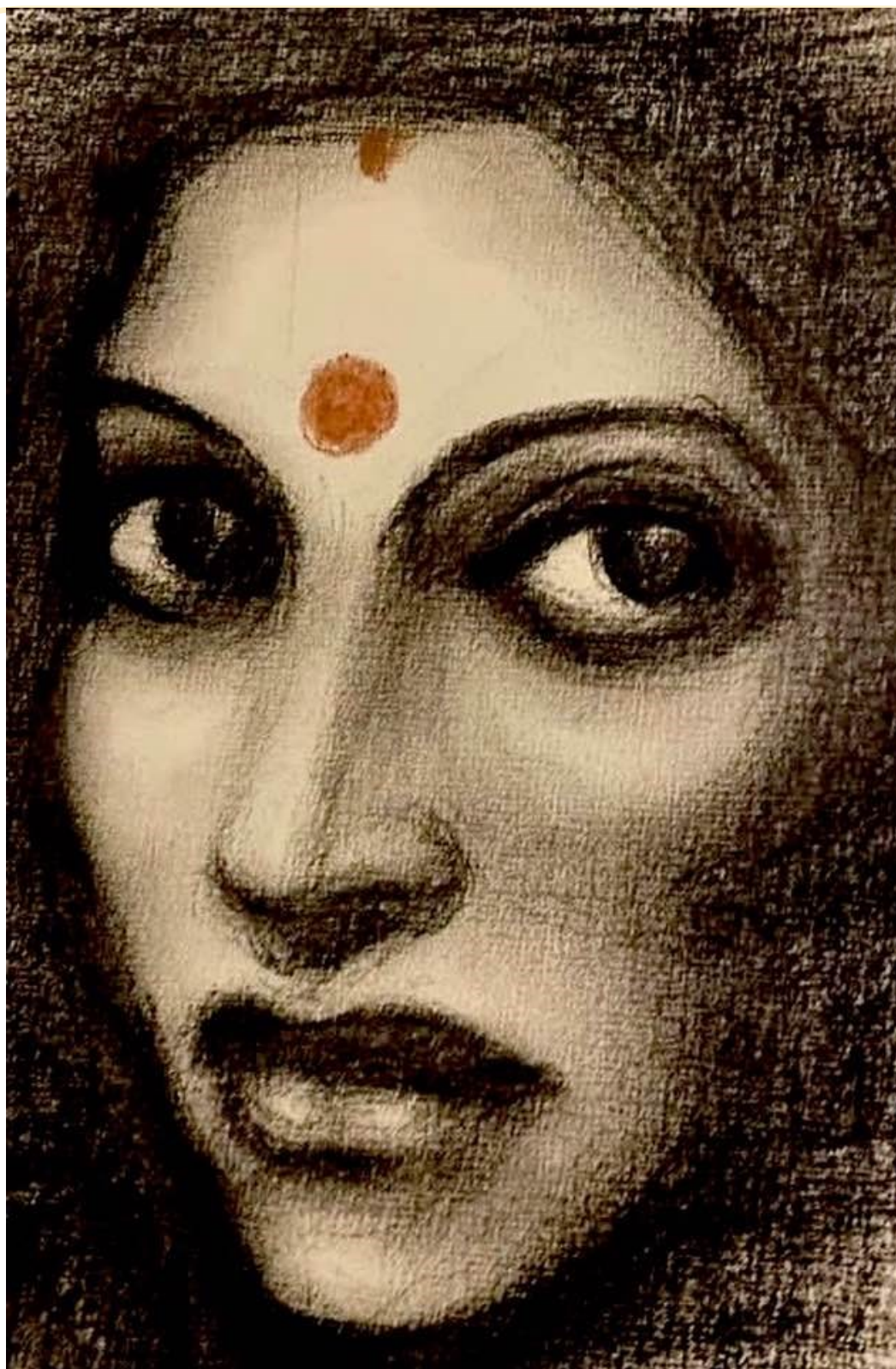
7 Comments

A SKETCH OF THE WORLD'S MOST PROLIFIC ARTIST PABLO PICASSO !!!

Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

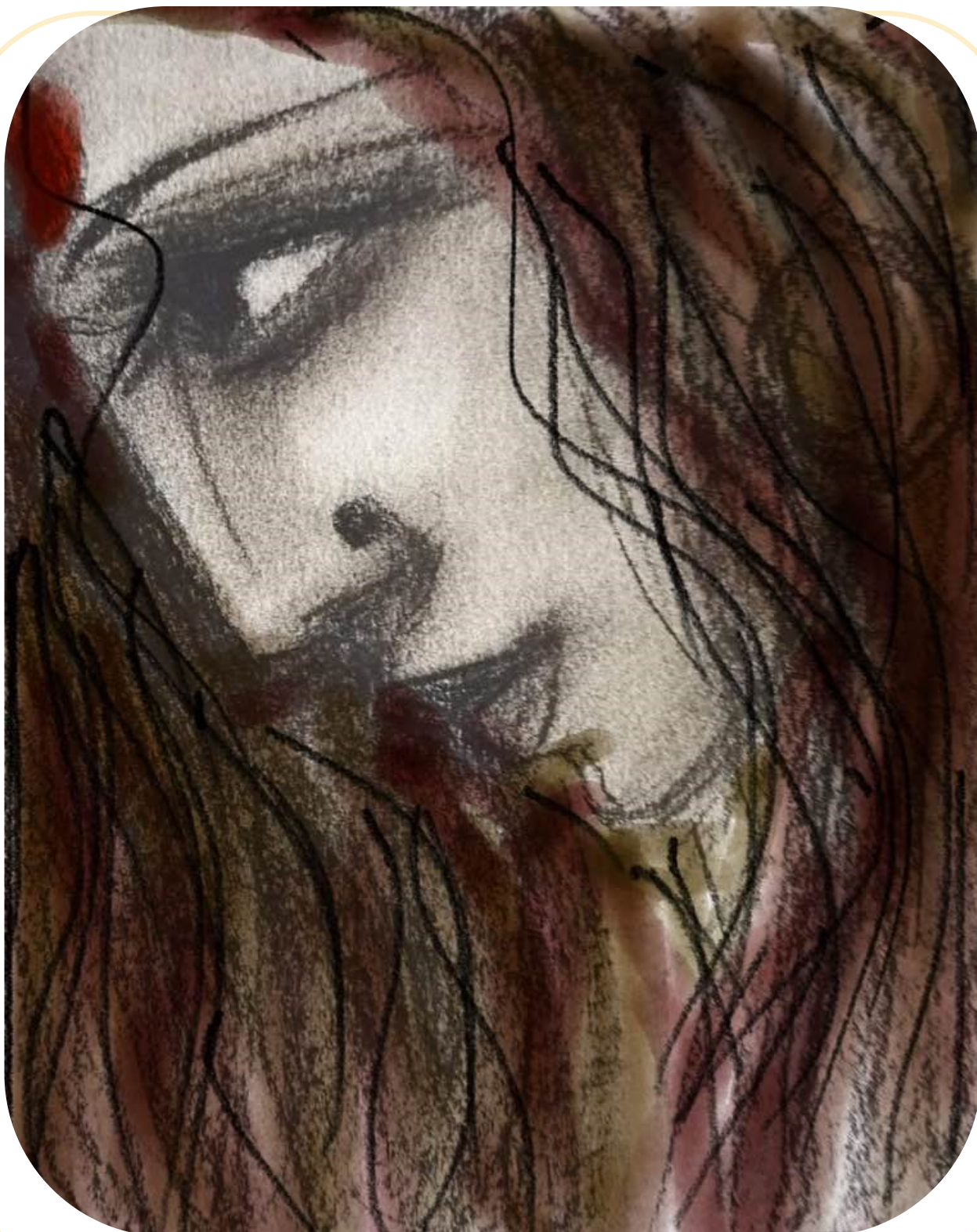
Consultant Paediatrician and Neonatologist, Kolkata.



Art - Paintings & Sketches

Dr B. K. Manocha
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

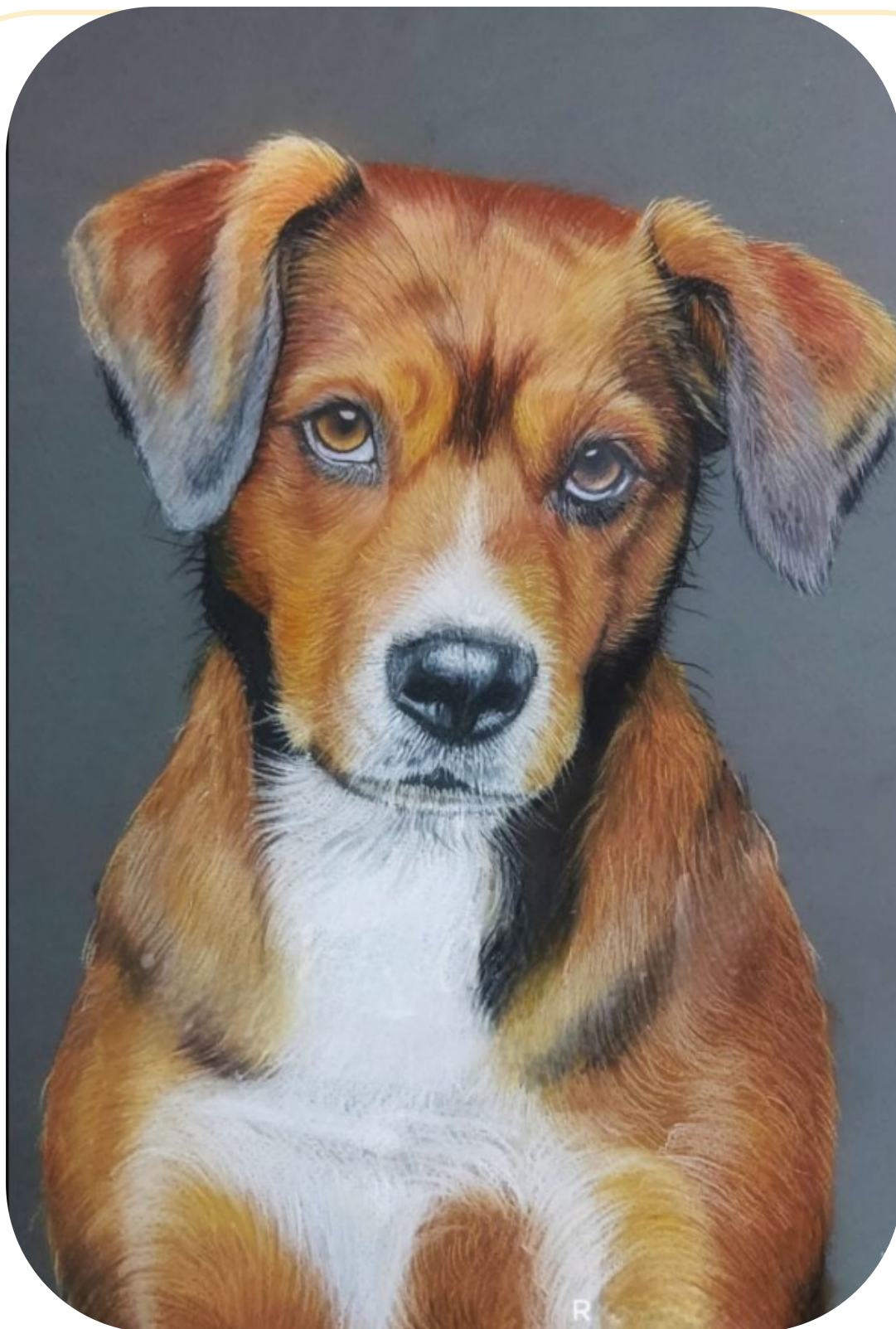
Dr. Juni Menon,
M.S, D.O, DNB Ophthalmology
Surat, Gujarat.



60th. Edition

Art - Paintings & Sketches

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



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.

Art - Paintings & Sketches

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



The one horned rhinoceros. 15x11" watercolor. Pic courtesy Sugata Goswami

Art - Paintings & Sketches

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

“ St Edmunds School “ circa 1960. Illustration done for the “Rympei Calendar
“ curated by @shillonghomes .



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 Sri Lanka, 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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Kolkata.



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Radiologist.
Kolkata.



Photography

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



*Colombo national
Museum*

Photography

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



Photography

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



Photography

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



First post office of
Nuwara Eliya

Photography

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



Photography

Dr. Debabrata Sanyal , MBBS, DMRD
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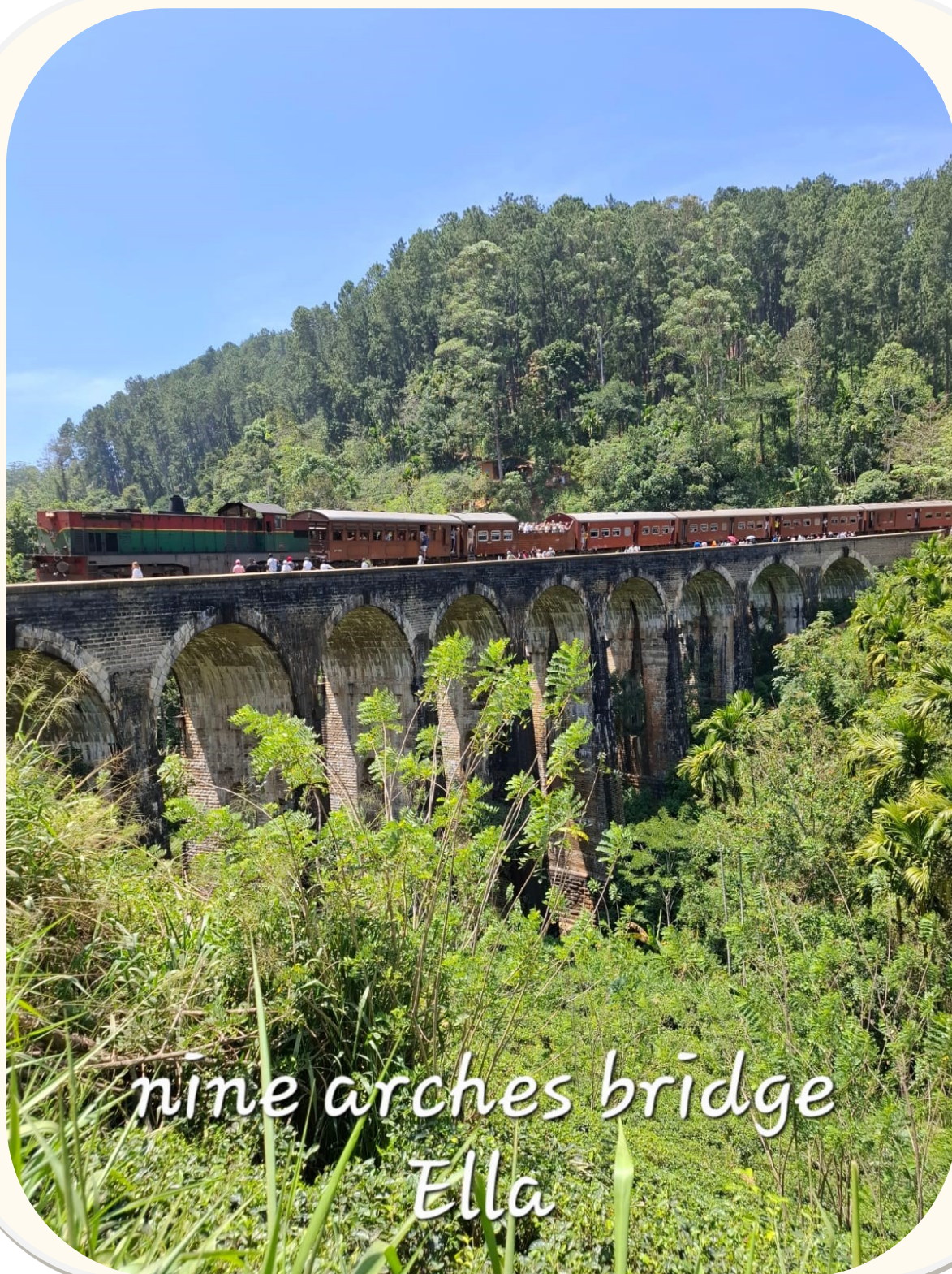
Photography

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



Photography

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



*nine arches bridge
Ella*

Photography

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



Photography

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



Photography

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



Pinnawala elephant
orphanage

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,

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North Bexley PCN, United Kingdom, PCN



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

Photography: Dr. Debabrata Sanyal



Next issue in April 2025

I am pleased to announce to release the 60th issue of Reflections! Please save the date, as the next issue is scheduled for release in April 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 March 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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