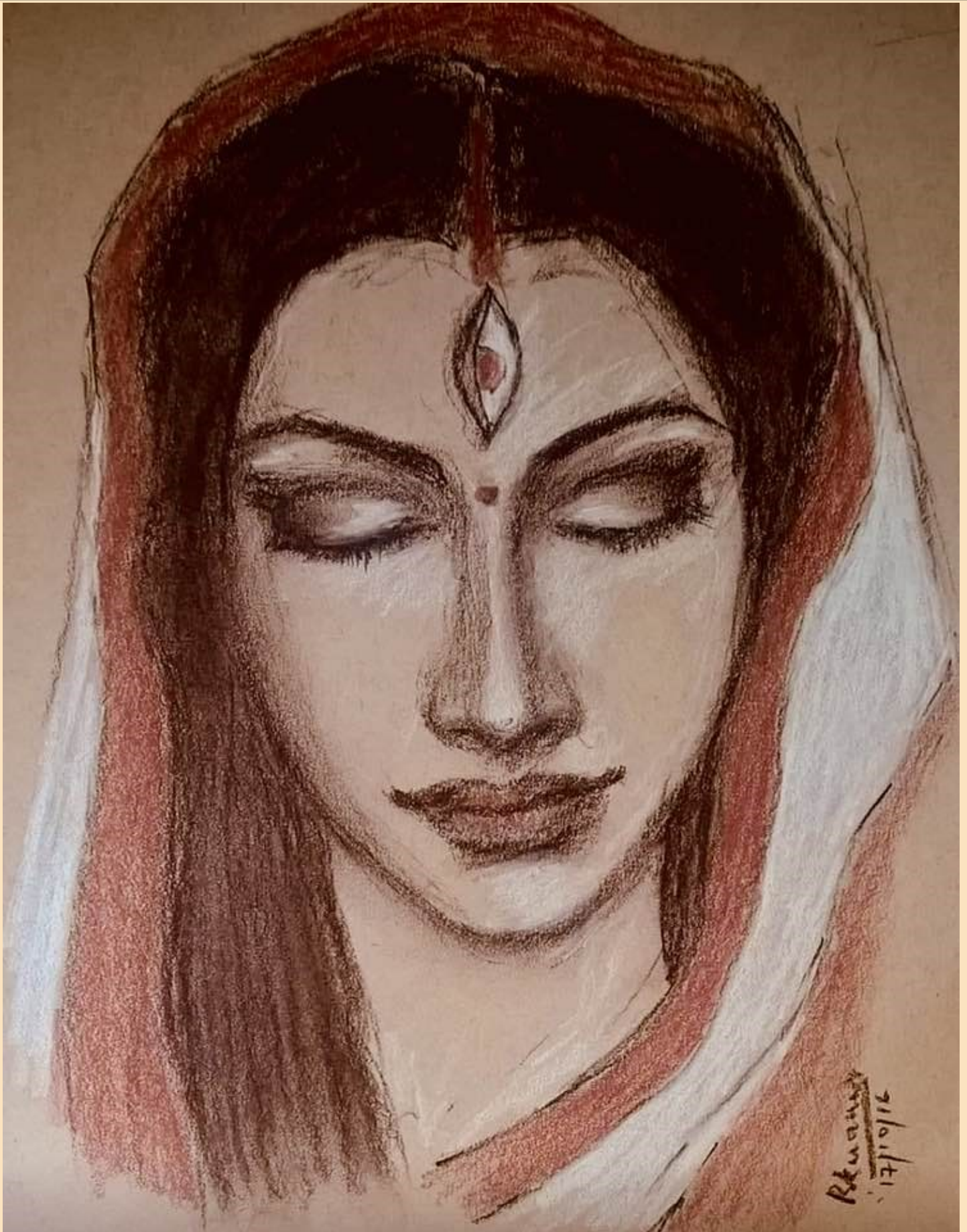


61st. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
APRIL 2025, VOLUME VI, ISSUE 4.



Painting by : Dr. Bhupendra Manocha

REFLECTIONS



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 6

Issue: 4

April 2025

Painting by : Dr. Jayati Sengupta

REFLECTIONS



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 6

Issue: 3

March 2025

April fool : AI generated image

REFLECTIONS

Volume 6 Issue 4

01.04.2025

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



Wish you all a very happy Rongali Bihu, Poila Baisakh and Baisakhi: AI generated image

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Calcutta Canvas	8-14
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Special points of interest:

- **Paintings:** Dr. Bhupendra Manocha, Dr. Jayati Sengupta & Dr. Sanjeev Handique.
- **Photography:** Dr. Sushanta Bhadra, & Dr. Mayukh Bhattacharya
- **Calcutta Canvas:** Dr. Debjani Gupta
- **Travelogue:** Dr. Tuhin Bhattacharya
- **Culinary arts:** Dr. Ritu Lokhande

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REFLECTIONS

Volume 6 Issue 4

01.04.2025

Reflections

An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Dr. Viral Parekh

Hello there! Namaste! I'm absolutely thrilled to share with you the 61st edition of Reflections. It fills me with immense joy to celebrate a significant milestone - five wonderful years of publication! Today marks the beginning of our sixth year together, and I couldn't be happier about it. Thank you for being a part of this incredible journey!

Absolutely! April Fools' Day is like a yearly invitation to indulge in some light-hearted fun! The roots of this cheerful tradition are somewhat unclear, but some historians trace it back to a calendar change in 16th-century France. When the Gregorian calendar was adopted, those who continued to celebrate New Year's Day in spring according to the old Julian calendar were dubbed "April Fools." What's truly intriguing is how this day has transformed around the world - each nation seems to have its unique style of pranks. For instance, in the UK, pranksters typically have until noon to execute their tricks, while in France, they playfully attach paper fish to people's backs, calling them "April Fish"! While in India, our politicians are the biggest pranksters. They fool us round the clock and round the year.

April Fools' Day rolls around every April 1st, but isn't it amusing how we often pull pranks on ourselves day in and day out? Remember back in school when we thought that graduating and snagging a degree would finally give us the time to explore our hobbies and travel? Then, after college, we figured that once we got our careers on track, we'd have the chance to focus on what we really love. But as we get married and start families, our focus shifts to our partners and kids. We keep convincing ourselves that once we've taken care of our family responsibilities, we'll finally have time for our passions. Yet, before we know it, we're aging and facing health challenges. It dawns on us that we've just been going through the motions instead of truly enjoying life.

Haven't we been fooling ourselves all along? It's crucial to understand that life is meant for living, not just getting by. Treat every day like it could be your last. Don't stress over the little things; they usually work out in the end. Pursue your dreams and explore the world. In a nutshell, make the most of your life. The sooner you embrace this mindset, the happier you'll be!

I want to extend my thanks to Dr. Sushanta Bhadra, Dr. B. K. Manocha, Dr. Sanjeev Handique, Dr. Jayati Sengupta, Dr. Mayukh Bhattacharya, Dr. Ritu Lokhande & Dr. Tuhin Bhattacharya 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

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AI generated image

Calcutta Canvas

Dr. Debjani Gupta

**Consultant senior paediatrician
Narayana Multispecialty Hospital**

Zenith Superspecialist Hospital

**Past President Neonatology Society
West Bengal**

**Past East Zonal Coordinator IAP ALS
BLS**



Dr. Debjani Gupta is a dedicated pediatrician and a proud graduate of R. G. Kar Medical College in Kolkata, where she honed her skills and knowledge in the field of medicine. Presently, she holds the position of Consultant at Narayana Multispecialty Hospital, where she provides exceptional care to her young patients.

Beyond her medical profession, Dr. Gupta is a multifaceted individual with a deep love for the arts; she enjoys painting, dancing, and writing, which allow her to express her creativity and connect with others. Looking ahead, she will be a regular contributor to our Calcutta Canvas section, where she will delve into and share her discoveries of unique and interesting places in and around Kolkata, offering readers a glimpse into the vibrant culture and hidden gems of the city.

REFLECTIONS

Calcutta Canvas

Dr. Debjani Gupta, DCH MRCP (UK)
Consultant paediatrician and Neonatologist
Narayana Multispeciality Hospital, Howrah

Sri Aurobindo Bhavan, 8 Shakespeare Sarani , Kolkata.

It is as if time stands still there. A silence that calms the soul.

Situated on one of the main thoroughfares of this metropolis is a green oasis of serenity where the noise of the fast moving traffic does not permeate through. It is as if time stands still there. A silence that calms the soul. The birthplace of Sri Aurobindo(15 Aug 1872). The place where he spent some of his childhood years. The place where his sacred relics were enshrined on 16 Feb 1973.

To quote him “My Village is Theatre Road “ -Sri Aurobindo.



Calcutta Canvas

Dr. Debjani Gupta, DCH MRCP (UK)
Consultant paediatrician and Neonatologist
Narayana Multispeciality Hospital, Howrah

Sri Aurobindo Bhavan, 8 Shakespeare Sarani , Kolkata.



The place which has a library, reading room exhibits of pictures and portraits is surrounded by a garden and tall trees.

A place of quiet tranquillity juxtaposed with fast moving noisy traffic of people and vehicles just beside.

REFLECTIONS

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Consultant paediatrician and Neonatologist
Narayana Multispeciality Hospital, Howrah

Sri Aurobindo Bhavan, 8 Shakespeare Sarani , Kolkata.



Sri Aurobindo,
A scholar , phi-
losopher, Ma-
harishi, poet ,
humanist and
an Indian na-
tionalist. This
city is home to
his footprints
in many plac-
es.

Calcutta Canvas

Dr. Debjani Gupta, DCH MRCP (UK)
Consultant paediatrician and Neonatologist
Narayana Multispeciality Hospital, Howrah

Sri Aurobindo Bhavan, 8 Shakespeare Sarani , Kolkata.



There is nothing mind can do that cannot be better done in the mind's immobility and thought-free stillness.

When mind is still, then truth gets her chance to be heard in the purity of the silence."

Sri Aurobindo

REFLECTIONS

Calcutta Canvas

Dr. Debjani Gupta, DCH MRCP (UK)
Consultant paediatrician and Neonatologist
Narayana Multispeciality Hospital, Howrah

Sri Aurobindo Bhavan, 8 Shakespeare Sarani , Kolkata.



Art - Paintings & Sketches

Dr B. K. Manocha

MBBS, MD.

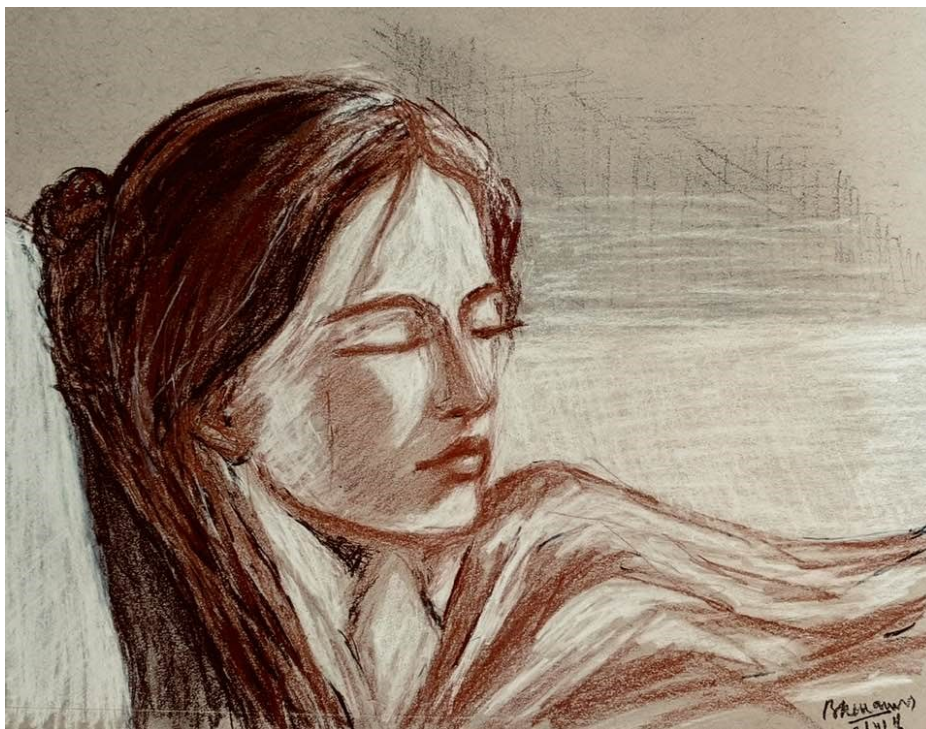
Consultant Paediatrician and Neonatologist.



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.

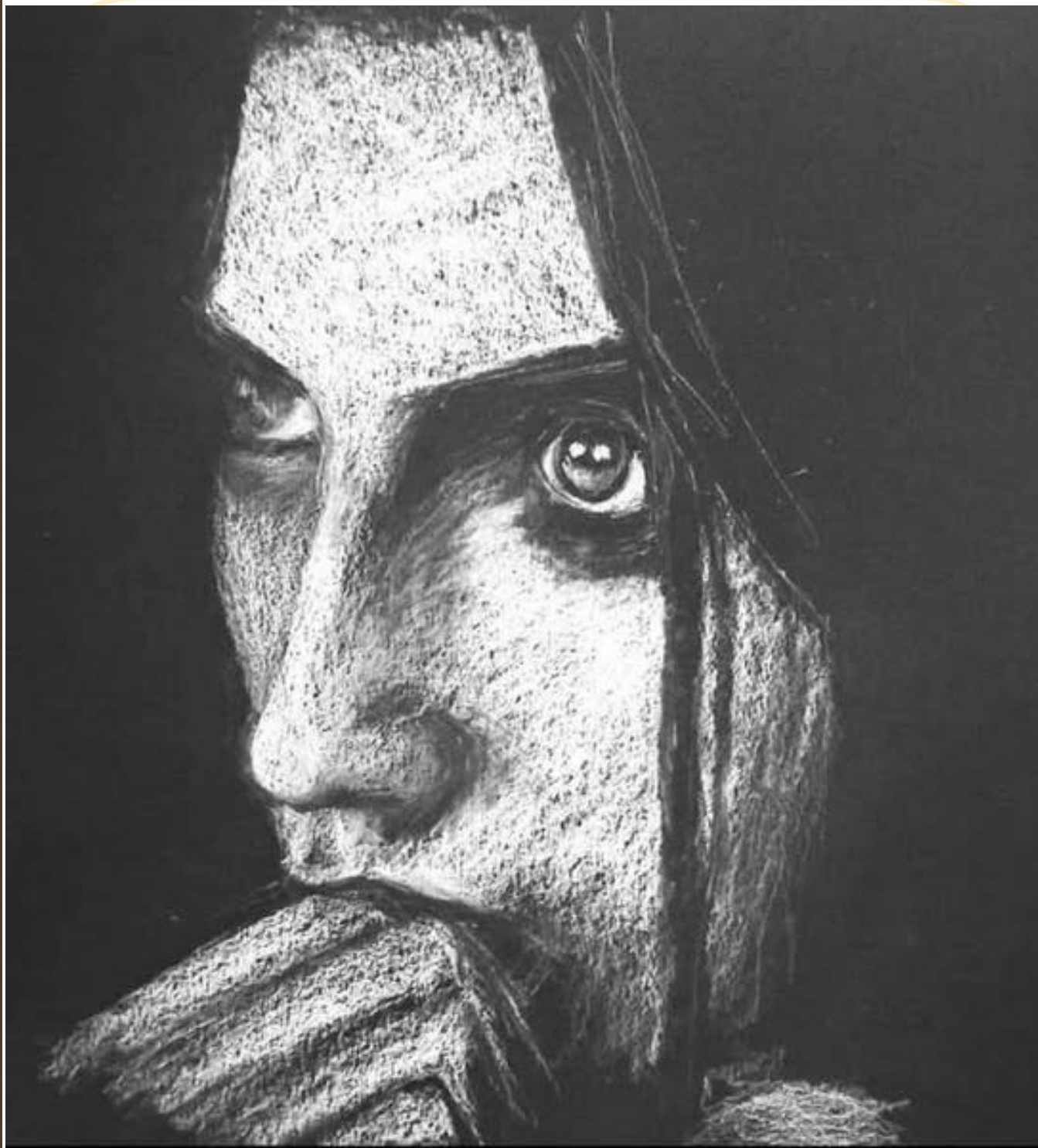
Consultant Paediatrician and Neonatologist.



Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

Consultant Paediatrician and Neonatologist.



Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

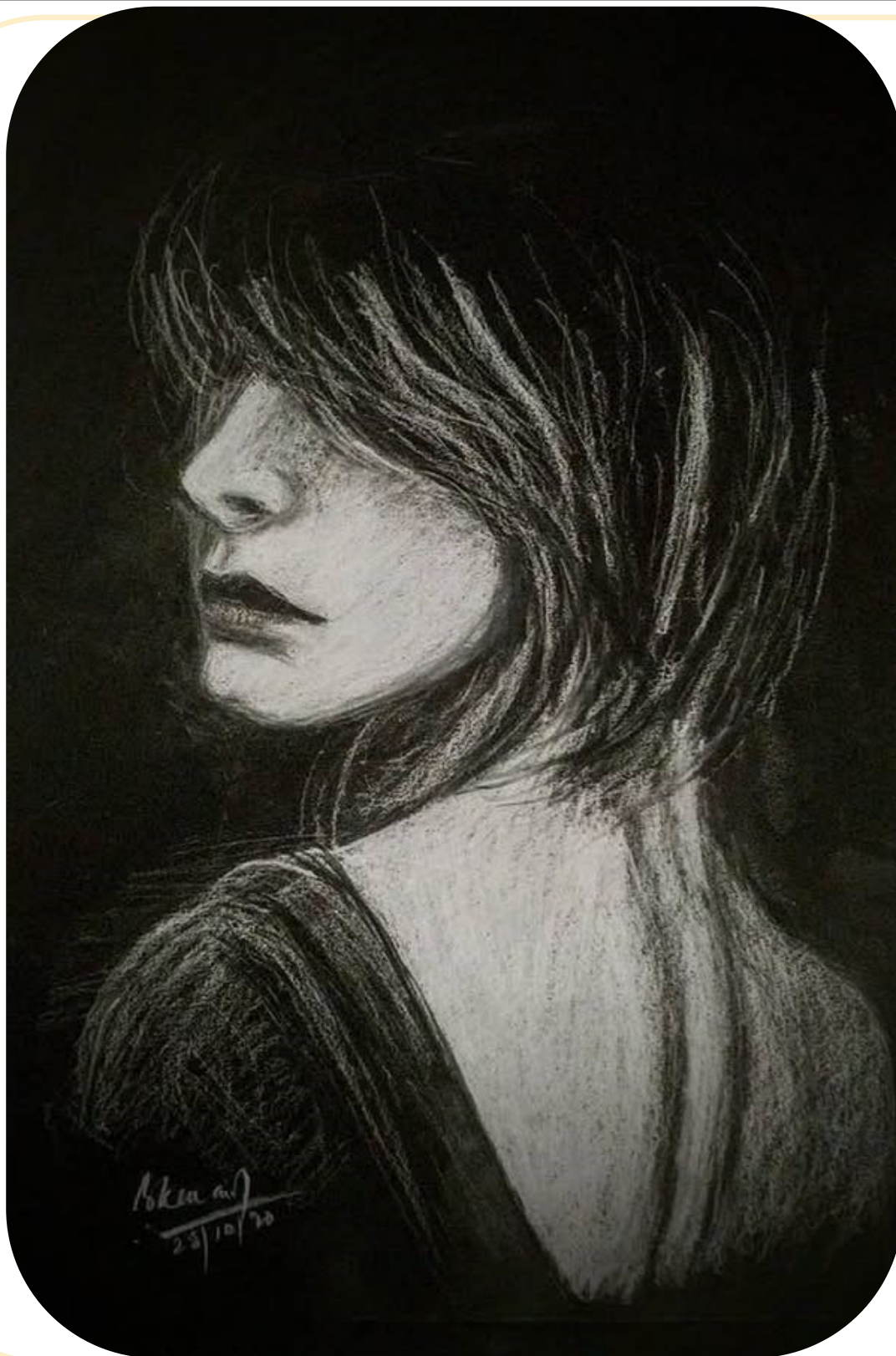
Consultant Paediatrician and Neonatologist.



Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

Consultant Paediatrician and Neonatologist, Kolkata.

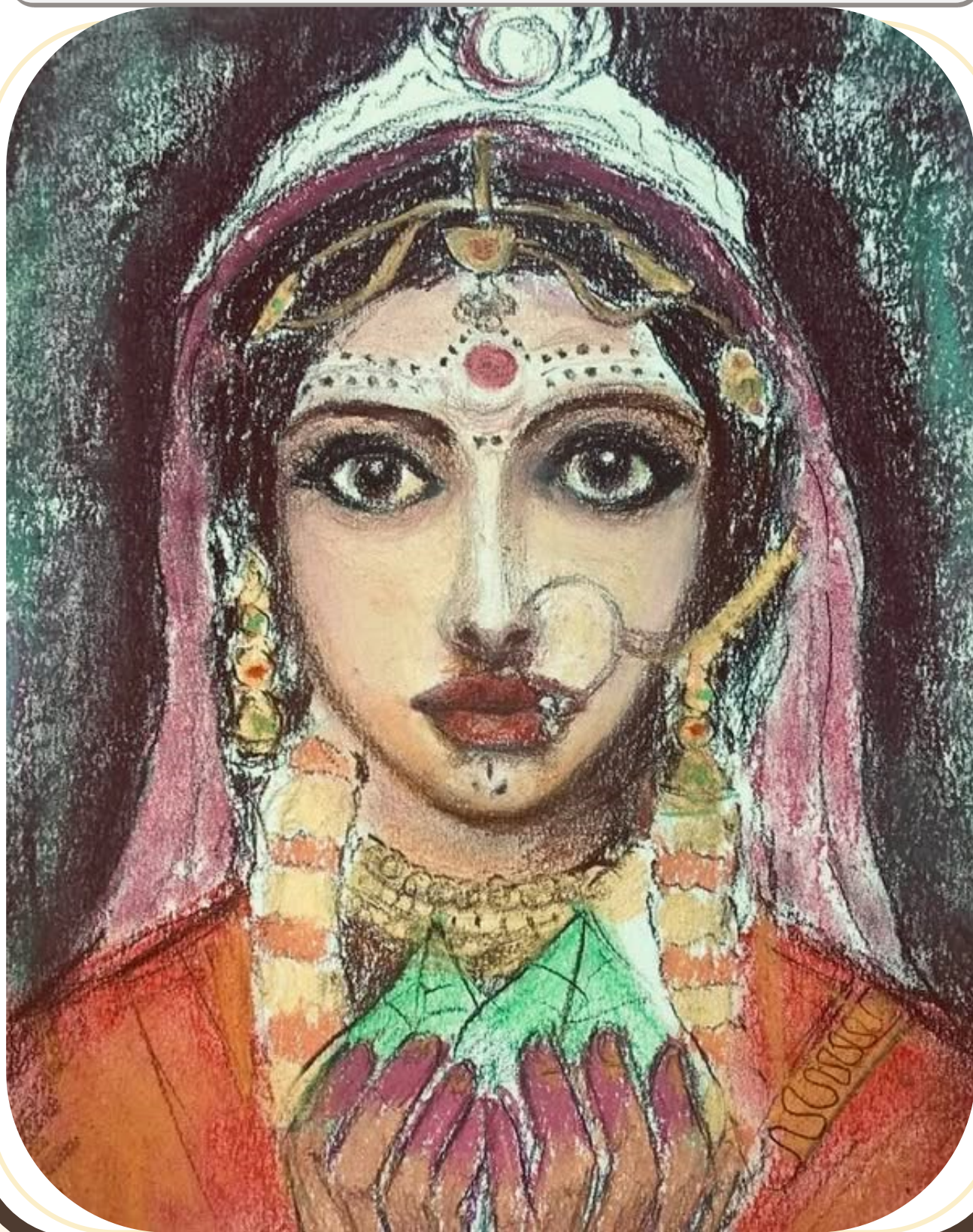


Art - Paintings & Sketches

Dr B. K. Manocha

MBBS, MD.

Consultant Paediatrician and Neonatologist, Kolkata.



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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 .



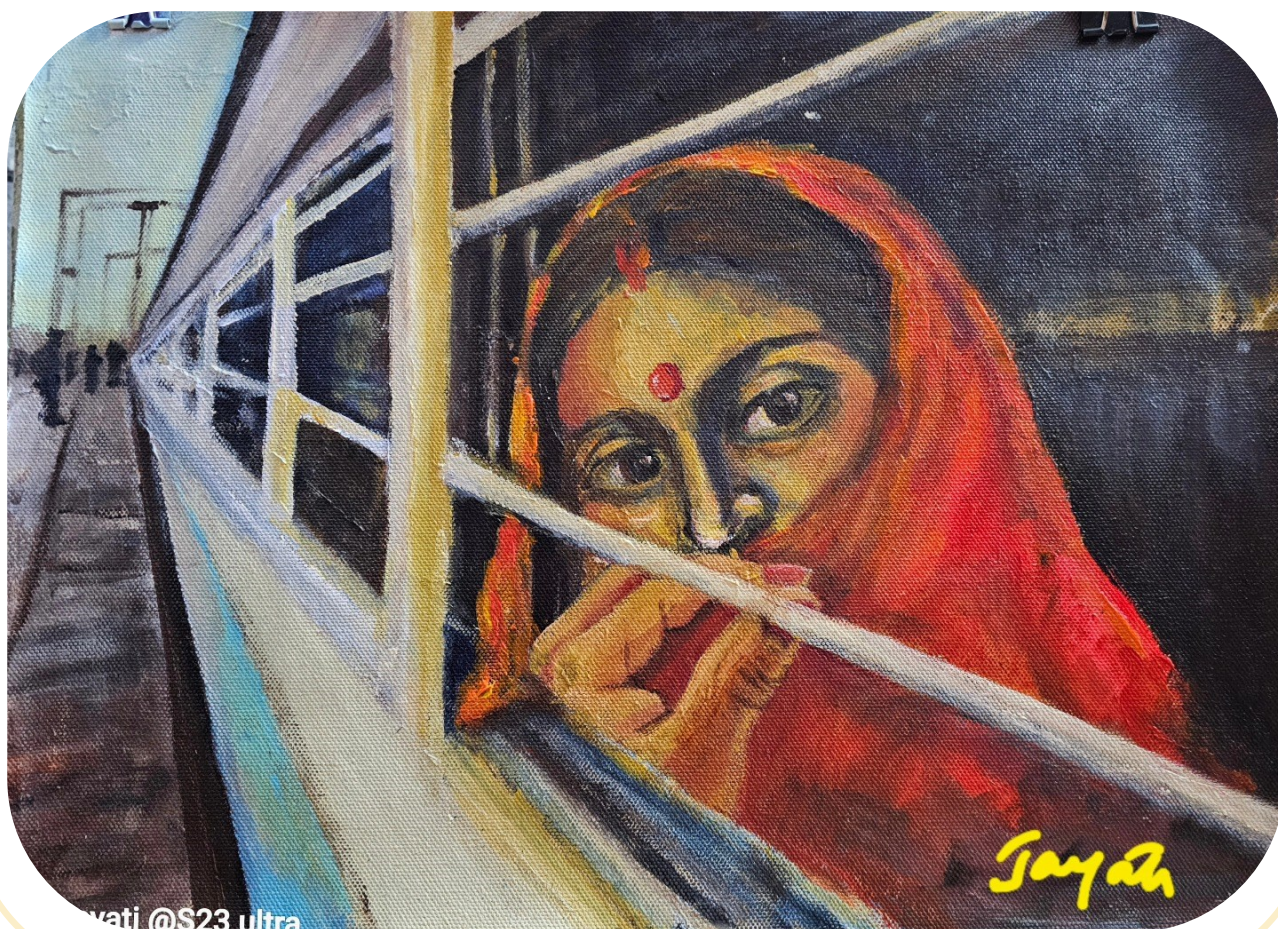
Art - Paintings & Sketches

Dr. Jayati Sengupta, M.D (Paediatrics)
Consultant, Department of Pediatrics/ Pediatric Nephrology
Manipal Hospital /Institute of Child Health, Kolkata.



Dr. Jayati Sengupta, MBBS, MD (PAED), is a proud graduate of Medical College, Kolkata. As a Pediatrician, she has a particular passion for Pediatric nephrology. Currently, she serves as a consultant at AMRI Hospitals and the Institute of Child Health in Kolkata.

In addition to her medical career, Dr. Sengupta is an avid painter and has showcased her work in numerous exhibitions. She generously donates the modest income from her art sales to charities that are meaningful to her. Furthermore, she is a dedicated musician with several recordings to her name. Here are some of her paintings, and I'm sure you'll appreciate her artistic talent.



Art - Paintings & Sketches

Dr. Jayati Sengupta, M.D (Paediatrics)
Consultant, Department of Pediatrics/ Pediatric Nephrology
Manipal Hospital /Institute of Child Health, Kolkata.



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Art - Paintings & Sketches

Dr. Jayati Sengupta, MD



Travelogue : Coorg

Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.



Dr. Tuhin Bhattacharya is a good friend and a classmate of mine. He works as a Pathologist and is currently the Chief Pathologist and CEO at Lifecare Medical Foundation Blood Centre in Kolkata. Last month, he took a trip to Coorg, and he has shared his travel experiences from that visit. I think you'll really enjoy being a part of his journey.

Coorg is a stunning and tranquil hilltop destination, adorned with dense forests and a rich variety of flora and fauna. It stands out as one of the premier holiday spots in the Western Ghats. Located in the Kodagu district of Karnataka, this area was once an independent state known as Coorg until it merged with the larger Mysore state in 1956.

There are numerous attractions to explore in and around Coorg, including the Kaveri River in Kushalnagara and the Tibetan Buddhist Golden Temple. The district's capital, Medikeri, offers several noteworthy sites such as Raja's Seat Park, Kootu Poley Dam, Omkareshwar Temple, and St. Mark's Church within Mercara Fort. Additionally, visitors can experience the Dubare Elephant Camp, where elephants are captured and trained, and don't miss the beautiful Abbey Falls.

Coorg boasts a variety of hotels and charming secluded resorts that cater to tourists. One of my personal favourites is the Three Hills Resort, located 20 km from Medikeri town, nestled deep within the forest and surrounded by three hills. It's a perfect spot to relax and immerse yourself in nature, with the delightful sounds of birds singing from dawn until breakfast. The property features many areas to explore, including its own waterfalls!

The ideal time to visit Coorg is from late October to mid-March. Often referred to as the "Scotland of the East," Coorg is truly a gem worth discovering!

Travelogue

Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.



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Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.



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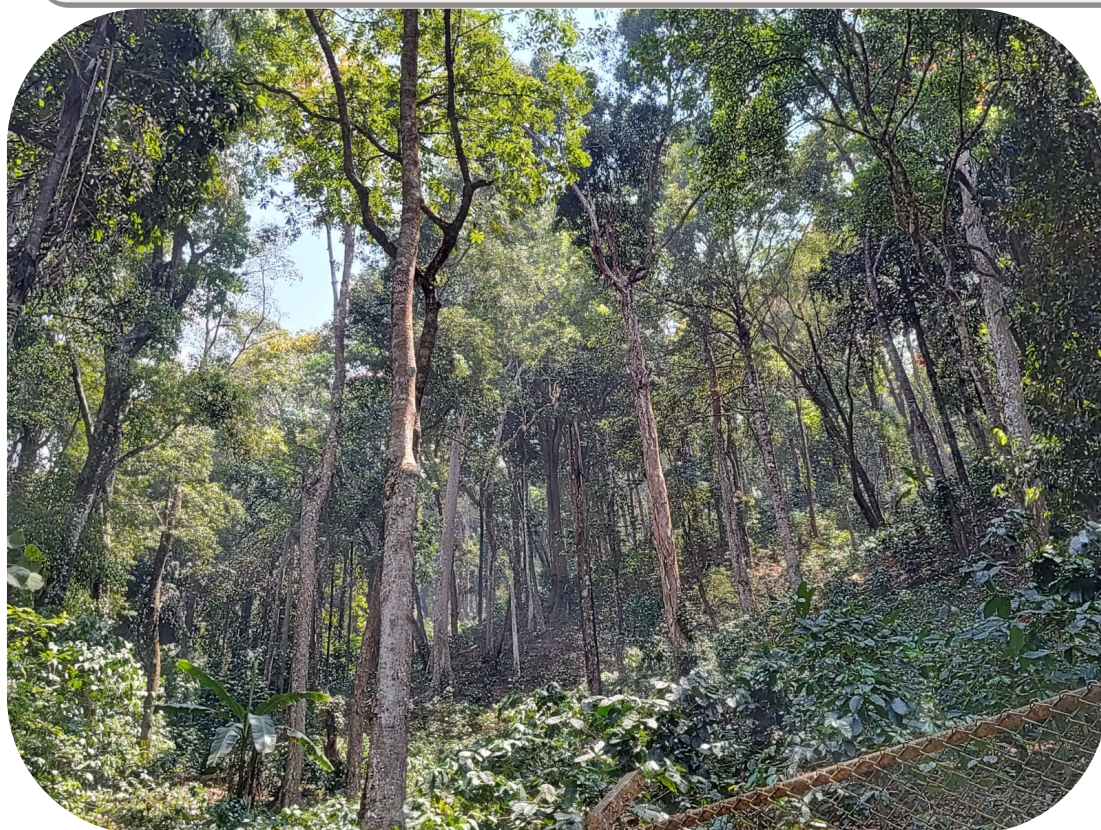
Travelogue

Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.



Travelogue

Dr. Tuhin Bhattacharya,
MBBS, MD
Consultant Pathologist.



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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Floral Photography

Dr. Mayukh Bhattacharya
MBBS, MD
Consultant Radiologist.



Dr. Mayukh Bhattacharya, MD, is not just a fellow Radiologist; he feels like a younger brother to me. He completed his MBBS at Medical College Kolkata, graduating in 1996, and earned a Gold Medal along with several awards during his academic journey. He went on to achieve his MD in 2008 from VSS Medical College in Sambalpur. After gaining experience at NIMS Hyderabad and KIMS Odisha, he has settled into private practice in Kolkata, working with both corporate hospitals and diagnostic centers. Currently, he serves as the unit head at Welkin Medicare and Ramrik Neurointensive Care Hospital, with a keen focus on Thoracic Radiology and Musculoskeletal MRI.

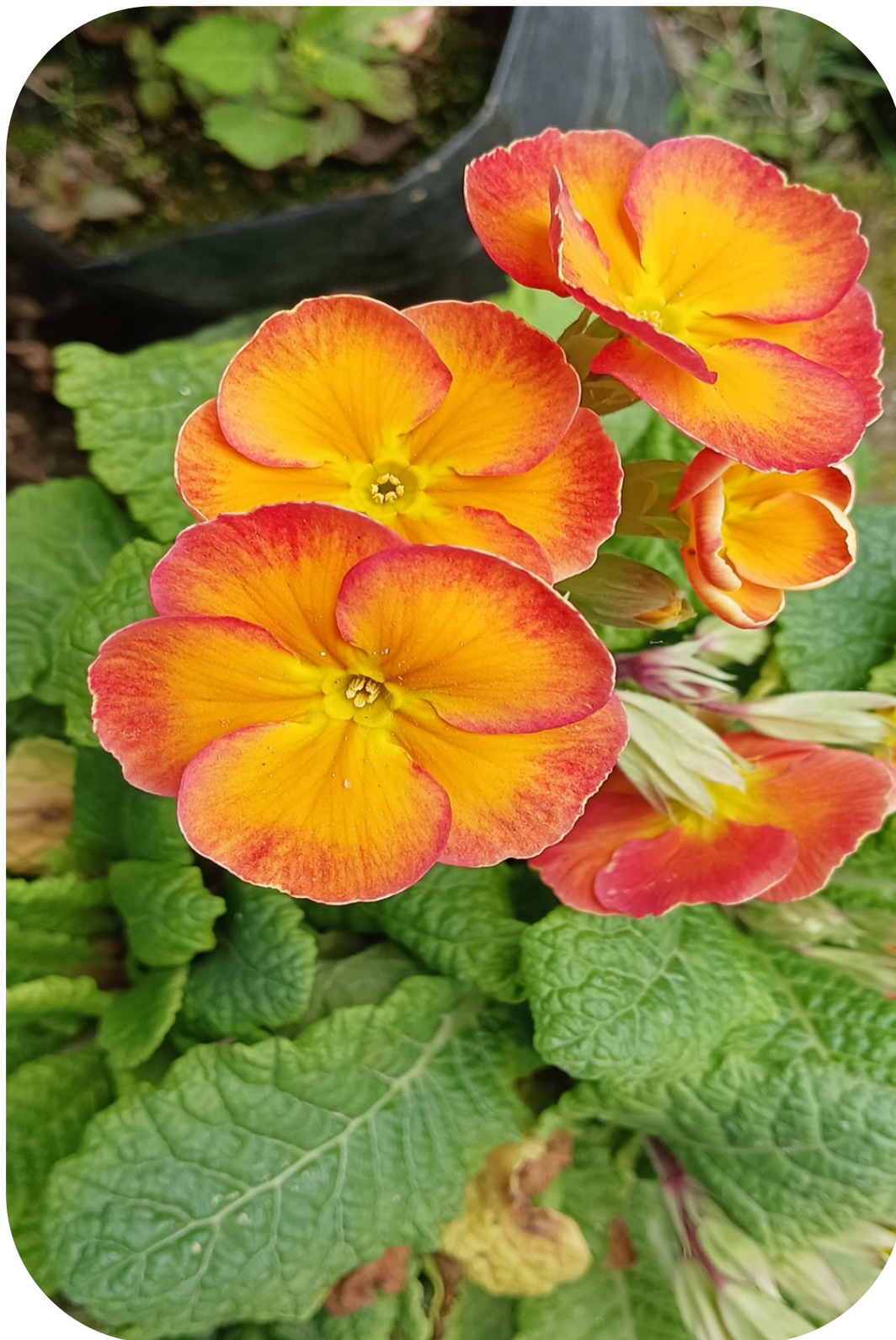
Recently, Dr. Bhattacharya has taken up painting, which he finds to be a great way to relieve stress and combat depression. Back in school, he was quite the quizzard, winning trophies at the district level, and he still enjoys traveling. His hobbies also include outdoor sports and music, along with his long-standing passion for stamp collecting. Here are some beautiful floral photographs he captured during a recent trip to northeastern India.

Floral fantasies from the north-east

The verdant flora and beauty of the rugged terrains of north-east India, much of which remains unexplored and virgin to date, have drawn the wanderlust and dreamers to the mountain states every year in spring time. Here is a short pictography of the amazing orchids and flowers of the valleys of the great Himalayas.

Floral Photography

Dr. Mayukh Bhattacharya
MBBS, MD
Consultant Radiologist.



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Floral Photography

Dr. Mayukh Bhattacharya
MBBS, MD
Consultant Radiologist.



APRIL 2025 - 61st. Edition

Floral Photography

Dr. Mayukh Bhattacharya
MBBS, MD
Consultant Radiologist.



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MBBS, MD
Consultant Radiologist.



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MBBS, MD
Consultant Radiologist.



APRIL 2025 - 61st. Edition

Floral Photography

Dr. Mayukh Bhattacharya
MBBS, MD
Consultant Radiologist.



Floral Photography

Dr. Mayukh Bhattacharya
MBBS, MD
Consultant Radiologist.



Culinary Arts



Dr. Ritu Lokhande
MBBS, DMRE
Radiologist.

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.

LAPHING

Laphing is a well-known dish from Tibet, characterized by its spicy cold noodles made from starch. This highly adaptable dish can be prepared in numerous ways, offering both vegetarian and non-vegetarian options. While momos are widely enjoyed, laphing remains a Tibetan specialty that is typically found only in specific areas.

Ingredients:

Ingredients for dough for yellow laphing.

1. White flour (maida) 1 cup .
2. water as required for kneading dough.



3. Pinch of salt.

4. Turmeric powder 1tsp

Ingredients for chilli oil .

1. Red chilly powder 1tsp.
2. Oil for the sauce 200 ml.
3. Roasted sesame seeds 2 tablespoons.
4. Garlic 1 small bowl around 100 gm.
5. Salt

Ingredients for stuffing

1. Wai Wai Noodles
2. 1 tsp Yeast



Culinary Arts

Dr. Ritu Lokhande
MBBS, DMRE
Radiologist.
Pune.

LAPHING

Instructions

1. In a large bowl, combine the flour and salt. Gradually add water while kneading the mixture to form a dough.
2. Set the dough aside for 10 minutes. Pour water into the bowl until the dough is completely submerged. Begin to mash the dough with your hands until the starch is released and the gluten separates. Strain this mixture through a sieve to isolate the gluten from the water.
3. Retain the milky white water that remains after filtering and allow it to rest for 10 to 15 minutes.
4. Take the gluten left in the sieve and rinse it with clean water 2 to 3 times until the water runs clear rather than creamy. Add a pinch of yeast to the gluten and mix thoroughly. Set this mixture aside for another 10 minutes.
5. Prepare the steamer. Once the water reaches a boil, steam the gluten for approximately 10 to 12 minutes. After steaming, cut it into small slices and set aside for the final step.
6. Return to the milky white water from step 3. By now, a clear layer of water should have formed on top. Carefully tilt the bowl to pour off the clear water into another bowl, leaving some behind. It is not necessary to remove all the water; just discard as much clear water as possible. Stir the remaining batter until it achieves a thick consistency.
7. Add half a tablespoon of turmeric powder to the batter and mix well. This starch mixture will also need to be steamed.

8. Lightly oil a plate or shallow bowl. Pour one scoop of the starch batter onto the plate. Heat the steamer until the water boils. Once boiling, place the plate with the starch batter inside the steamer. Cover and steam for 2 to 3 minutes. The appearance of bubbles indicates that it is cooked.
9. Once cooked, remove it from the steamer. The laphing is nearly complete. Repeat the same process for the remaining batter.

10. If you encounter difficulty in removing the laphing from the plate, utilize a cake spatula, knife, or a thin spoon to assist with the process. To prevent the laphing from sticking together, lightly coat one piece with oil before layering another on top. Once prepared, transfer all the laphing onto plates.

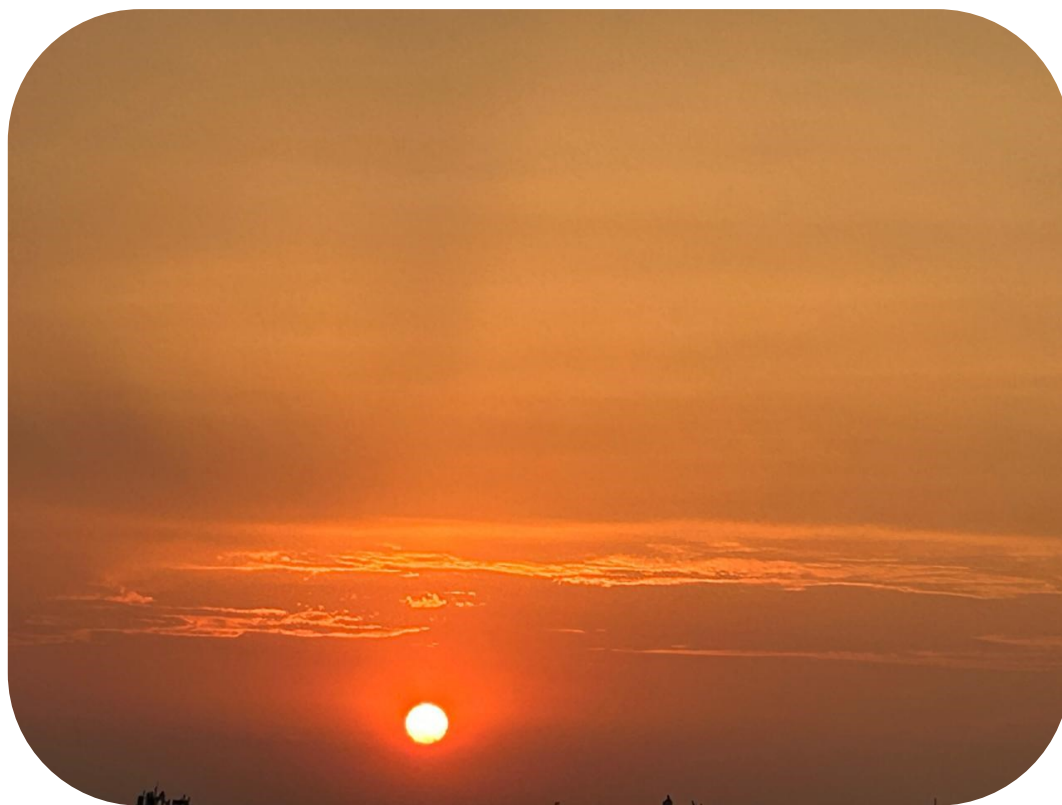
11. To prepare the chili oil, heat a pan over low heat and add oil. Once the oil is hot, incorporate sesame seeds. Finely chop or crush garlic and add red chili flakes. Combine all these ingredients in a bowl.

Now that both the sauce and laphing are ready, we can proceed to create delicious laphing. Simply spread the chili sauce over the laphing and place the chopped gluten and Wai Wai noodles on one side before rolling it up.

After rolling the laphing, position it on a cutting board and slice it into your preferred size. If desired, drizzle additional chili oil on top.

At this stage, you may also include other fillings in the laphing.

Enjoy your meal.

Reflections - An e-magazine showcasing the artistic talents of Medics**Photography: Dr. Viral Parekh****Next issue in May 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 May 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 April 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.

APRIL 2025 - 61st. Edition