



Ooo hhh mmm

Acrylic on wood with a dash of tanchoi fabric
22×22"

The first sound of the existence - to last till eternity
Year of creation June '24

Painting by : Dr. Simi Gulati

REFLECTIONS



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 6

Issue: 5

May 2025

Photography by : Dr. Debjani Gupta

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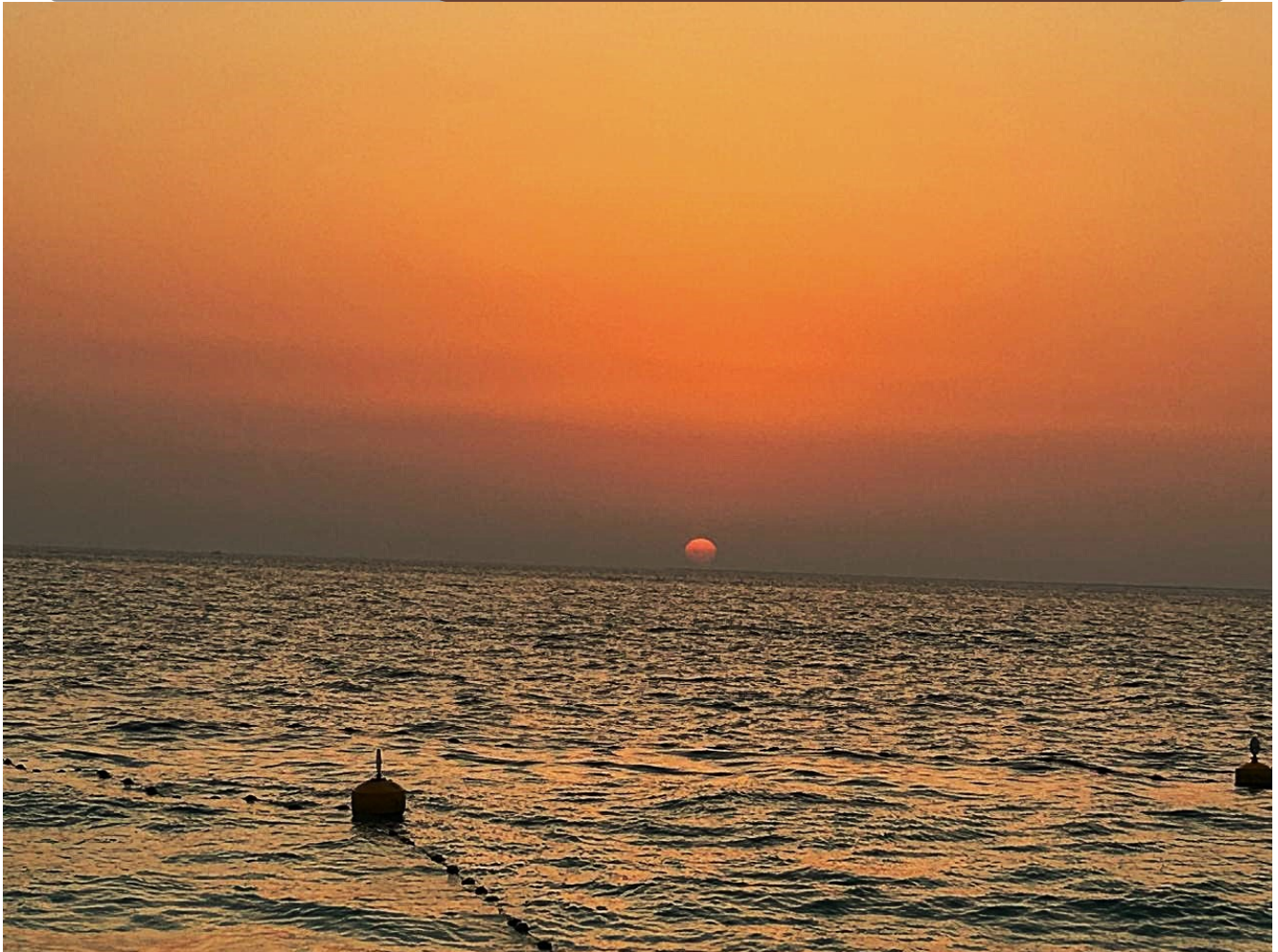
May 2025

REFLECTIONS

Volume 6 Issue 5

01.05.2025

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



Photography: Dr. Viral Parekh

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Special points of interest:

- **Paintings:** Dr. Bhupendra Manocha, Dr. Simi Gulati, & Dr. Sanjeev Handique.
- **Photography:** Dr. Sushanta Bhadra, & Dr. Viral Parekh
- **Calcutta Canvas:** Dr. Debjani Gupta
- **Travelogue:** Dr. Bharat Parekh
- **Culinary arts:** Dr. Ritu Lohande

MAY 2025 - 62nd. Edition

REFLECTIONS

Volume 6 Issue 5

01.05.2025

Reflections

An e-magazine showcasing the artistic talents of Medics

Radiologist's Musings - Dr. Viral Parekh

Hello there! Namaste! It gives me immense pleasure to bring out yet another issue of Reflections. 62nd. to be precise.

Patriotism is the heartbeat of a nation, a vibrant force that goes beyond ceremonies to become a daily commitment. At its core, it involves valuing a common history, honouring the heritage that shapes a nation, and taking on the shared duty to promote progress.

This commitment is not limited to grand actions; it arises from the small, intentional efforts of individuals who choose to engage in their communities, whether through voting, volunteering, or supporting local customs and projects.

Historically, many individuals - from freedom fighters to reformers - have represented this spirit, motivating future generations with their selfless deeds and brave actions. Their legacy shows us that patriotism is not just about past achievements but a constant call to act. Today, citizens reflect this idea by fulfilling civic responsibilities, participating in social movements, and advocating for a fairer society.

What makes patriotism special is its ability to adapt. As societies change, so do the ways people express their patriotic feelings. This change represents a wider understanding of nationhood, where loyalty to one's country includes a commitment to the global community and a recognition of diversity as a strength rather than a source of division.

Patriotism is crucial for building a nation. It fosters community unity, encourages policy changes, and upholds the principles that support a healthy democracy. When people incorporate the spirit of patriotism into their everyday lives, they help create a space where every act of kindness and teamwork contributes to a larger story of strength and perseverance.

But at the same time, there are countless individuals who fail to exhibit loyalty to their homeland, engaging in behaviours that work against the nation's well-being. The best advice for them is that cherish the nation you call home, or find a home in the nation you cherish.

I want to extend my thanks to Dr. Sushanta Bhadra, Dr. B. K. Manocha, Dr. Sanjeev Handique, Dr. Bharat Parekh, Dr. Simi Gulati and Dr. Ritu Lokhande for their contributions that made this issue possible. I am sincerely grateful to each and every one of them.

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

Live concerts are not live but lip syncing - Pure cheating.

In recent years, an increasing number of artists have been performing live concerts, enchanting audiences with their shows. However, a troubling trend has surfaced: many of these performances lack authenticity. Instead of singing live, numerous artists are opting for lip-syncing, which raises concerns about the sincerity of their artistry. This practice can create a disconnect between what fans expect and what they actually experience. The true magic of live concerts lies in the energy and spontaneity of a performer singing in the moment. Fans attend these events hoping to see their favourite artists express themselves fully, forging a unique bond through live music. When artists choose to use pre-recorded tracks, it weakens that connection and can leave audiences feeling cheated. The thrill of a live performance is its unpredictability, and removing that element can lead to disappointment among concertgoers.

Additionally, the rise of lip-syncing has broader implications for the music industry. It questions the authenticity of the art form and undermines the efforts of those who genuinely aim to perform live. As technology advances, the temptation to rely on pre-recorded vocals may increase, but artists must consider the long-term effects on their careers and the trust of their fans. This reliance on technology can blur the lines between artistry and performance, fostering a culture that values spectacle over substance. Such a shift not only impacts the artists but also shapes the expectations of new generations of music fans, who may begin to see live performances as mere entertainment rather than a true expression of artistic talent.

Ultimately, the heart of music lies in its power to stir emotions and create lasting memories, a quality that should be evident in every live performance. Artists owe it to their audiences to showcase their genuine talents, building trust and connection. By facing the challenges of performing live, musicians can forge a stronger relationship with their fans, preserving the enchantment of live music. In an era where digital enhancements are prevalent, the willingness to be authentic and vulnerable on stage can distinguish an artist, allowing them to connect more deeply with their audience and secure their place in the dynamic music industry.

- Viral Parekh.

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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.

Calcutta Canvas

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

**HANSESWARI TEMPLE,
 Bansheria , Hooghly Dist.**

**Amidst green lawns with the reflected beauty,
 An unique six storeyed shrine dedicated to Shiva Shakti.**

**An unusual architecture reminiscent of the onion dome church of Mos-
 cow.....**

13 towers with a blooming lotus on each peak.

**Goddess Haneswari a manifestation of Kali In all her resplendent glory in
 the inner sanctum.**

**The inner structure of the abode built on Tantric principles,
 Follows the structure of the human body.**

**Gracing the landscape since the early 19 century, Started by Raja Nrish-
 inghadeb Roy and completed by Rani Shankari.**

**The beauty complemented by the terracotta temple of Anant Vasudeva near-
 by. The serenity enhanced by the picturesque rural settings.**



Calcutta Canvas

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



Calcutta Canvas

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Consultant paediatrician and Neonatologist
Narayana Multispeciality Hospital, Howrah



Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

Consultant Paediatrician and Neonatologist.



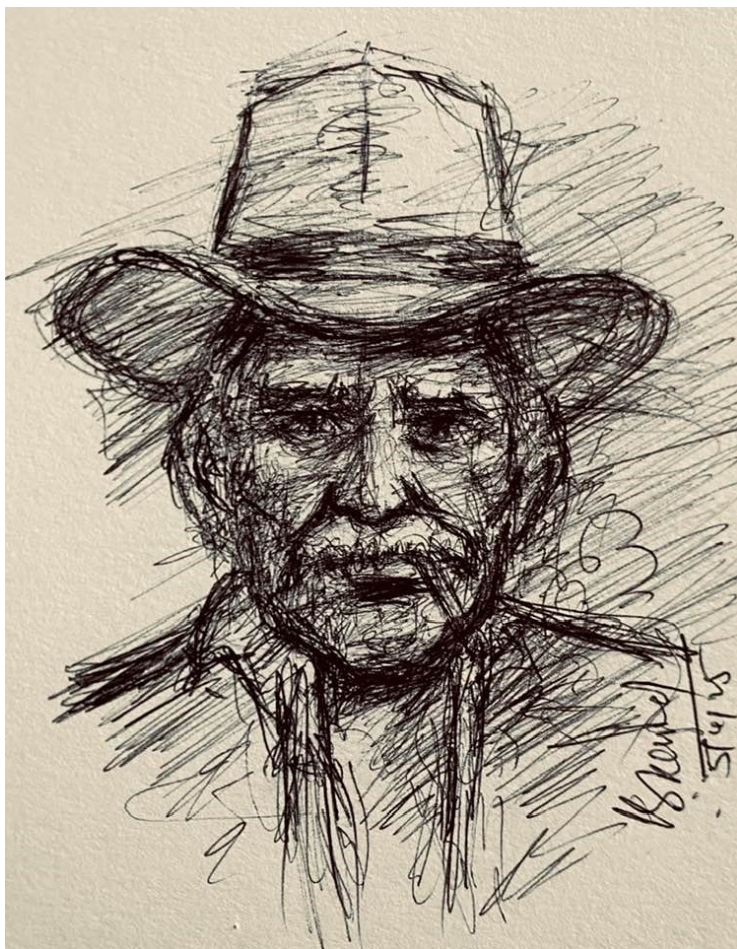
Dr. Bhupendra Kumar Manocha is a highly experienced Paediatrician and Neonatologist who has dedicated his life to the health and well-being of children for an impressive four decades. Based in Kolkata, he has built a reputable career as a Consultant Paediatrician at both Park Clinic and Bhagirathi Neotia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



nant. 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.

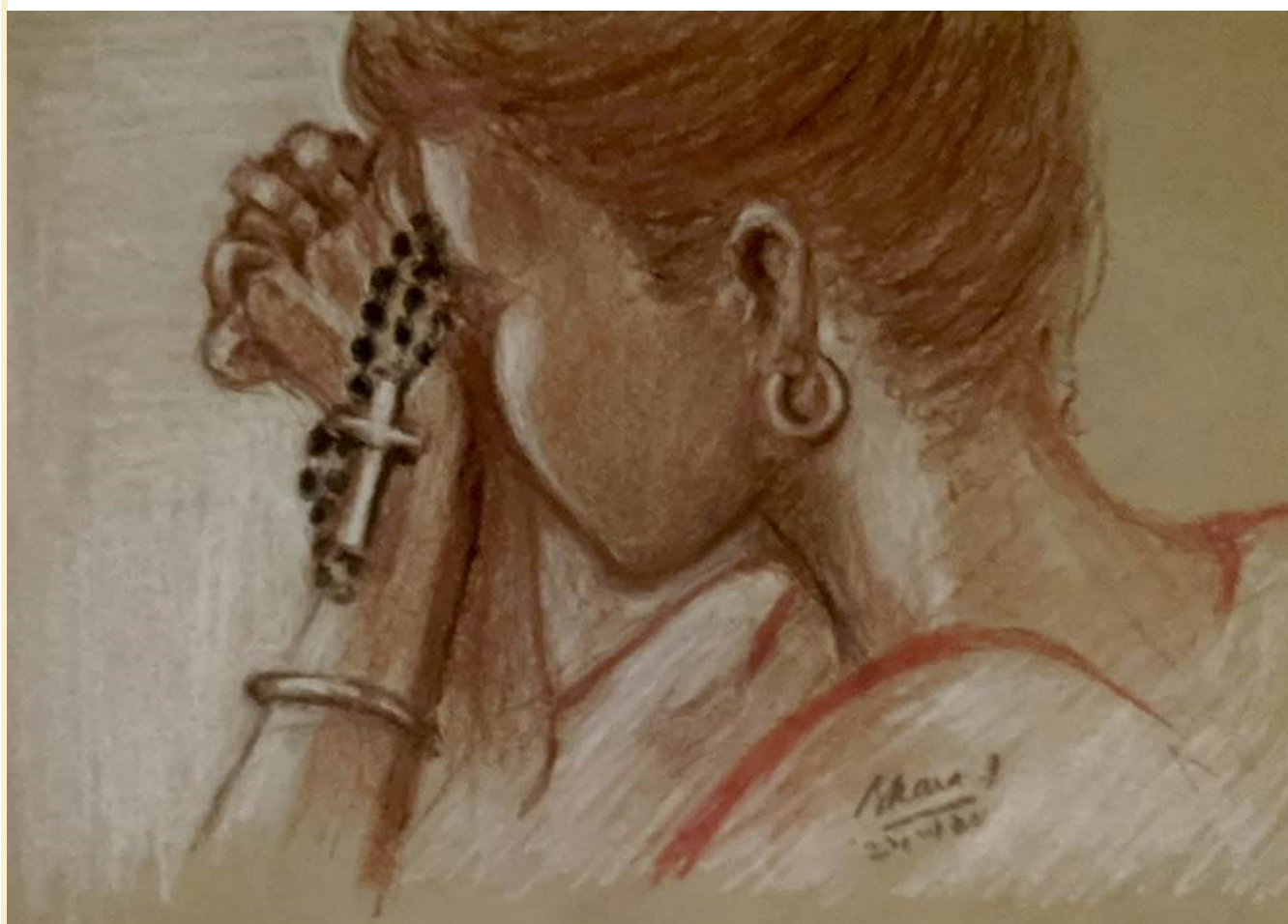
Consultant Paediatrician and Neonatologist.



Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

Consultant Paediatrician and Neonatologist.



Art - Paintings & Sketches

Dr. 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



“Ele” 15x11” water colour

Art - Paintings & Sketches

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

"The Sangti river in the early morning " 15x11" watercolour on Arches
300gsm



Art - Paintings & Sketches

Dr. Simi Gulati

**Specialist and Head of Department (Ophthalmology)
Charak Palika Hospital (NDMC), Delhi**



Dr. Simi Gulati is not only a distinguished medical professional but also a multifaceted individual who has successfully blended her career in medicine with her passion for the arts. As the Head of the Ophthalmology Department at Charak Palika Hospital in Delhi, she is dedicated to improving the vision and eye health of her patients.

However, beyond her medical expertise, Simi is a talented artist whose creativity knows no bounds. Her long-standing passion for art and craft has been a significant part of her life, providing her with a unique outlet for self-expression. Simi enjoys experimenting with various media, including painting, sculpture, and mixed media, allowing her to explore different techniques and styles. She dives into diverse art forms, often playing with bright colours and bold patterns.

Simi firmly believes that true artistry comes from the heart rather than adhering to strict rules or conventions. This philosophy is evident in her work, which often features her favourite subjects: human figures and scenes from everyday life. Through her art, she captures the essence of human experience, evoking a wide range of emotions in her audience—from thought-provoking reflections on society to bewildering interpretations of the mundane.

Currently, Simi is making waves in the local art scene, showcasing her pieces in small yet meaningful venues across Delhi. These exhibitions provide her with a platform to connect with art enthusiasts and share her vision with a broader audience. The intimate settings of these venues allow for personal interactions, where viewers can engage with her work and gain insight into her creative process.

Simi has received an outpouring of praise from both friends and fellow artists, both online and offline. Her social media presence has grown, with many followers eager to see her latest creations and artistic endeavours. The support she has garnered from the art community has been instrumental in boosting her confidence and encouraging her to continue exploring her artistic journey.

For those interested in experiencing her talent firsthand, Simi invites everyone to check out some of her amazing paintings. Each piece tells a story, inviting viewers to reflect on their own experiences and emotions. Through her art, Dr. Simi Gulati not only enriches her own life but also contributes to the cultural tapestry of her community, proving that the intersection of medicine and art can lead to profound and beautiful outcomes.

Art - Paintings & Sketches

Dr. Simi Gulati

Specialist and Head of Department (Ophthalmology)

Charak Palika Hospital (NDMC), Delhi



Murliwala

Acrylic on canvas, Framed, 23.5×27"

When Krishna played the flute, he could mesmerize one and all. But when he went to establish dharma, he gave the flute to Radha and never played again.

Year of creation Feb; '23

Art - Paintings & Sketches

Dr. Simi Gulati

Specialist and Head of Department (Ophthalmology)

Charak Palika Hospital (NDMC), Delhi



Sometimes I just look up and smile, I know it was you there GOD

Art - Paintings & Sketches

Dr. Simi Gulati

Specialist and Head of Department (Ophthalmology)

Charak Palika Hospital (NDMC), Delhi



Shakti

Acrylic on canvas

Framed 22×25.5"

To the Ambika who is the embodiment of the power of the host of devas and sages - we bow on devotion

Year of creation Feb; '24

Art - Paintings & Sketches

Dr. Simi Gulati

Specialist and Head of Department (Ophthalmology)

Charak Palika Hospital (NDMC), Delhi



Namyo ho rengo kyo

Art - Paintings & Sketches

Dr. Simi Gulati

Specialist and Head of Department (Ophthalmology)
Charak Palika Hospital (NDMC), Delhi



I am the queen and I need a king

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Art - Paintings & Sketches

Dr. Simi Gulati

Specialist and Head of Department (Ophthalmology)

Charak Palika Hospital (NDMC), Delhi



Truth is like a lion, it does not need to be proved. It proves itself.

Art - Paintings & Sketches

Dr. Simi Gulati

Specialist and Head of Department (Ophthalmology)

Charak Palika Hospital (NDMC), Delhi



Sometimes shadows say what the words fail to.

Travelogue

Dr. Bharat Parekh
MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai



Dr. Bharat Parekh is a highly respected leader in the field of Radiology, known for his substantial contributions to the Indian College of Radiology & Imaging. He has served as the Chairman of the college and was honoured as the first recipient of the esteemed 'Prof S K Basu Roy Choudhary' oration in West Bengal. His dedication to advancing the field through education and collaboration is evident in his successful organization of numerous conferences and Continuing Medical Education (CME) events. Under Dr. Parekh's mentorship, I have had the opportunity to coordinate several Radiology conferences and CMEs in Kolkata. In addition to his professional achievements, Dr. Parekh is passionate about social work, music, and travel, reflecting his wide-ranging interests and dynamic personality.



Travelogue

Dr. Bharat Parekh

MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai

Part 1: Meghalay and Around Shillong: visit to Laitlum Canyons and Sacred Groves (forest), Rynsan Restaurant.

Lait lum Canyons: Known for its dramatic cliffs and breathtaking views. An hour drive from Shillong and we reach these lush green canyons with a river flowing through the deepest region and one sees the rooftops of the homes of quaint little village settlements on small tabletops. Such a pleasant view from the highest point. Even in the worst warm weather when all vegetation goes dry, the valley remains ever so green.

Sacred Groves/Forests: A mystical forest with centuries-old trees, sacred to the Khasi tribe. Another hour drive southward towards the border of Bangladesh (just 50 kms to the border), we reach the well managed parking lot 3mtrs to the entrance of the forest. Northeast India accounts for almost a quarter (23.75%) of India's forest cover and the locals treat them as sacred spaces, attaching century old traditions, religious rituals and sacrificial practices (now banned) to it in their effort to conserve biodiversity (230 plant species, birds, reptiles and amphibians) and sustainable preservation. There are trees that are 5-600 yrs old, standing tall. There are hundreds of pine trees and about 1000 Rudraksha trees (1-7 face original rudraksh can be found here but are not allowed to be picked up or taken away as we can enter the forest under strict vigilance of a guide-escort).

Then ended at the Conde Nast Traveller listed 'Rynsan Restaurant' in the heart of Shillong for a dinner serving predominantly local flavours and home brewed wine. One of the most popular restaurants in Shillong. I had booked a table for 2 days before leaving from Mumbai.

Travelogue

Dr. Bharat Parekh

MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai



Rudraksh is a seed
of this green fruit

Travelogue

Dr. Bharat Parekh
MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai



At the entrance to the
Sacred Forest

Travelogue

Dr. Bharat Parekh
MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai



Travelogue

Dr. Bharat Parekh
MBBS, MD

Consultant Radiologist

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Travelogue

Dr. Bharat Parekh

MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai



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

Mr. Sushanta Bhadra,

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



Glamour Photography

Mr. Sushanta Bhadra,

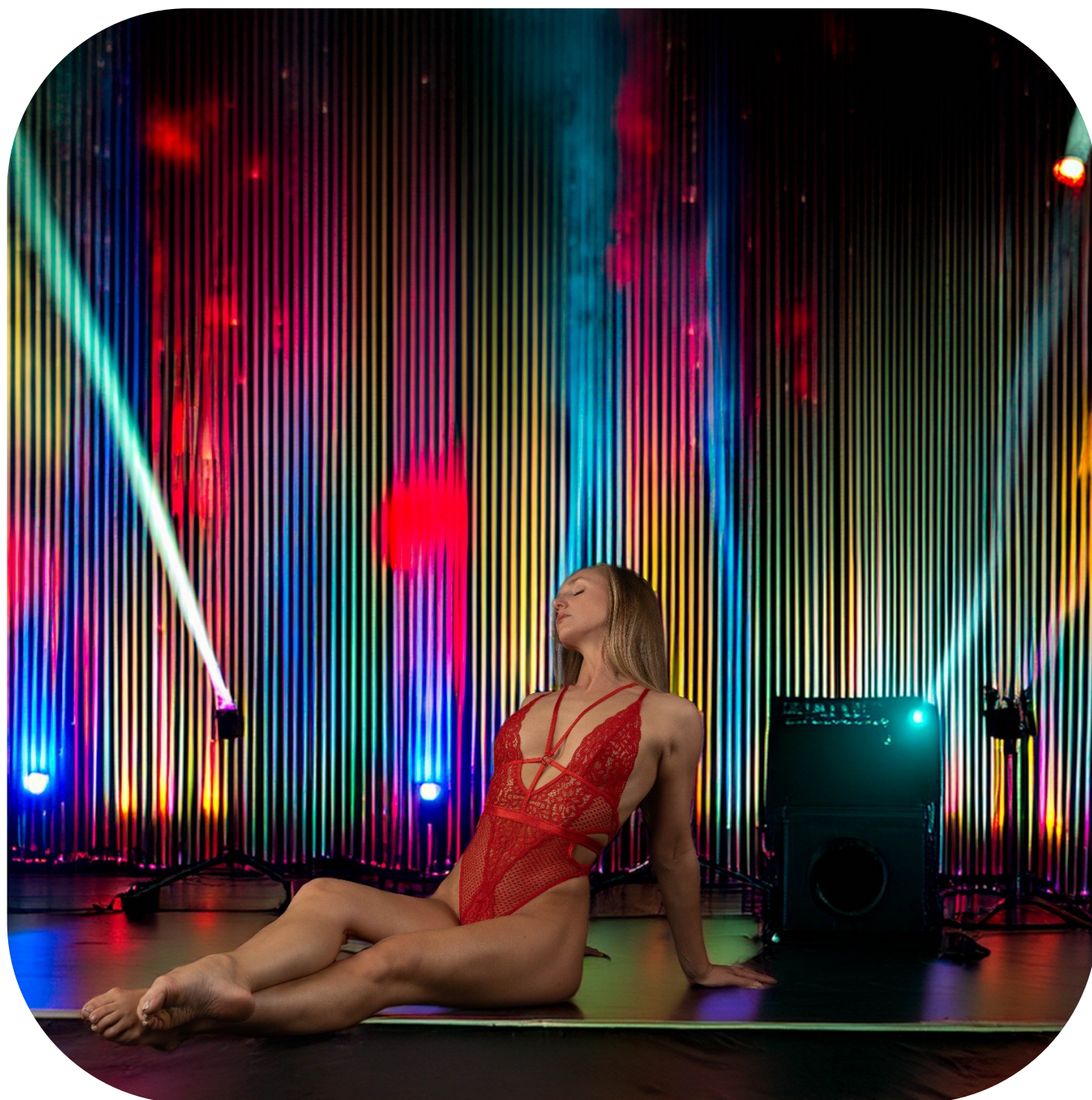
MBBS, MD, DTMH, DNB, FRCOG, FRCGP, LLB., Clinical Director,
North Bexley PCN, United Kingdom, PCN



Glamour Photography

Mr. Sushanta Bhadra,

MBBS, MD, DTMH, DNB, FRCOG, FRCGP, LLB., Clinical Director,
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Glamour Photography

Mr. Sushanta Bhadra,

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



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.

CHURROS EGGLESS, NON-FRIED, NO MAIDA

Ingredients

- 1 cup water
- 1 cup wheat flour
- 1 tbsp (15g) sugar
- 1/2 tsp (3g) salt
- 1 tsp (5g) vanilla extract
- 1 cup (125g) all-purpose flour

Sugar Cinnamon Coating

- 1/2 tbsp sugar
- 1 1/2 tsp (4g) ground cinnamon

Chocolate Dipping Sauce

- 1/2 cup Chocolate
- 1/4 cup milk
- 1 tsp butter

Steps –

In a pan, melt some butter, then add wheat flour, a pinch of salt, and water, mixing everything together until well combined. The resulting dough should be thick enough to pipe; if it feels too dense, you can incorporate a teaspoon of curd to adjust the consistency. Allow the dough to cool slightly before transferring it into a piping bag while it's still warm. Pipe the dough into your desired shapes, whether vertical or heart-shaped. I cooked mine in an

air fryer at a high temperature for 20 minutes without preheating. After the time is up, check the churros; if they aren't golden brown yet, you can leave them in for a bit longer. Finally, sprinkle them with caster sugar, cinnamon sugar, or a mix of powdered sugar and cinnamon for a delightful finish.

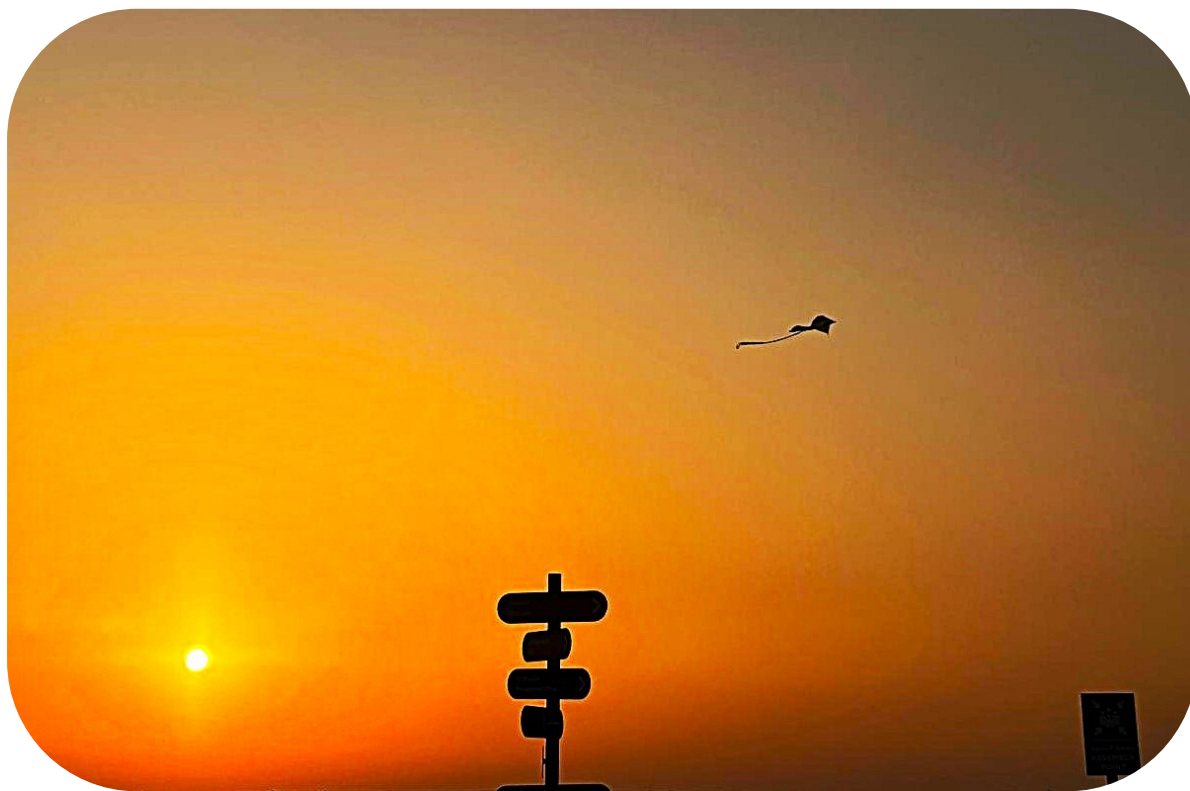


Chocolate sauce

Melt the chocolate either by double boiler method or microwave the chocolate for 1 min and add little quantity butter for the glaze. Serve the non fried churros with chocolate sauce and enjoy.

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

Photography: Dr. Viral Parekh



Next issue in June 2025

I am pleased to announce to release the 62nd. issue of Reflections! Please save the date, as the next issue is scheduled for release in June 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 May 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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