

64th. Edition

REFLECTIONS

AN E-MAGAZINE SHOWCASING THE ARTISTIC TALENTS OF MEDICS
JULY 2025, VOLUME VII, ISSUE 7.



Sketch by Dr. B. K. Manocha

REFLECTIONS



Reflections

An e-magazine showcasing the artistic talents of Medics

Volume: 6

Issue: 7

July 2025

Photography by : Dr. Bharat Parekh

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01.07.2025

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



Photography: Dr. Bharat Parekh

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Special points of interest:

- ♦ **Paintings:** Dr. Bhupendra Manocha, & Dr. Varsha Vaishnav.
- ♦ **Photography:** Dr. Sushanta Bhadra.
- ♦ **Travelogue:** Dr. Bharat Parekh
- ♦ **Poems:** Dr. Rohini Patil
- ♦ **Cartoons:** Dr. Praveen Bhatia

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Radiologist's Musings - Dr. Viral Parekh

Hello there! Namaste! It gives me immense pleasure to bring out yet another issue of Reflections. 64th. to be precise.

The Earth is an incredibly stunning planet, adorned with diverse landscapes that range from majestic mountains to serene beaches, lush forests, and expansive deserts. Each region boasts its own unique beauty, shaped by millennia of natural processes and human history. The stories embedded in ancient ruins, the vibrant cultures that thrive in various corners of the globe, and the breathtaking sights that draw travellers from all walks of life all contribute to the rich tapestry of our world. It's a place filled with wonders waiting to be discovered, where every journey can lead to new experiences and insights.

Despite the incredible beauty and potential for connection that our planet offers, humanity often finds itself embroiled in conflict. The reasons behind this tendency to wage wars are complex and multifaceted, rooted in a mix of historical grievances, political power struggles, and deep-seated cultural differences. Fear, misunderstanding, and the desire for control can drive individuals and nations to resort to violence, overshadowing the potential for cooperation and peace. It's disheartening to think that amidst the splendour of our surroundings, people still choose to engage in battles that only serve to divide and destroy.

As we navigate through this beautiful world, it's essential to reflect on the choices we make and the paths we take. The potential for harmony and understanding exists, and it's up to us to foster dialogue and empathy rather than conflict. By appreciating the richness of our shared human experience and the wonders of the Earth, we can work towards a future where exploration and discovery replace hostility. Ultimately, the beauty of our planet should inspire us to unite rather than fight, reminding us that there is so much more to gain through peace than through war.

I want to extend my thanks to Dr. Sushanta Bhadra, Dr. B. K. Manocha, Dr. Bharat Parekh, Dr. Rohini Patil, Dr. Varsha Vaishnav for their contributions that made this issue possible. I am sincerely grateful to each and every one of them.

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Key Historical observances in July

- **1 July:** National Doctor's Day (India) Honours Dr. Bidhan Chandra Roy, a legendary physician and freedom fighter.
- **4 July:** Independence Day (USA) commemorates the adoption of the Declaration of Independence in 1776.
- **6 July:** World Zoonoses Day Marks the day Louis Pasteur administered the first rabies vaccine in 1885.
- **7 July:** World Chocolate Day Celebrates the introduction of chocolate to Europe in 1550.
- **14 July:** Marks the storming of the Bastille prison in 1789, a symbol of royal tyranny. This event was the flashpoint of the French Revolution, leading to the fall of the monarchy and the rise of republican ideals in France. Today, it's celebrated with military parades, fireworks, and parties across France.
- **18 July:** Commemorates the birthday of Nelson Mandela, who spent 67 years fighting for social justice. Encourages individuals to dedicate 67 minutes to helping others - symbolic of Mandela's years of service. A global call to action for positive change.
- **20 July:** Celebrates the moment when Neil Armstrong and Buzz Aldrin became the first humans to walk on the moon in 1969 by Apollo 11. Their iconic words - "That's one small step for [a] man, one giant leap for mankind" - echo through history. A testament to human ingenuity and exploration.
- **22 July:** National Flag Day (India) Marks the adoption of the Indian National Flag in 1947, designed by Pingali Venkayya.
- **26 July:** Kargil Vijay Diwas (India) Honours India's victory in the 1999 Kargil War, a conflict fought in the high-altitude region of Kashmir. Remembers the soldiers who laid down their lives in Operation Vijay to recapture occupied territory. Tributes include ceremonies at war memorials and expressions of national pride.
- **27 July:** Dr. APJ Abdul Kalam's Death Anniversary Remembers India's former President and renowned scientist.
- **28 July:** World Nature Conservation Day Promotes awareness about preserving natural resources.
- **29 July:** International Tiger Day highlights the urgency of tiger conservation and habitat protection.
- **30 July:** International Friendship Day celebrates the power of friendship in fostering peace and unity.

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Key scientific observances in July

July has been a month of extraordinary scientific milestones across history. Here are some standout events that made waves in the world of science:

Space & Astronomy

- **July 20, 1969 – Apollo 11 Moon Landing:** Neil Armstrong and Buzz Aldrin became the first humans to land on the Moon, marking a giant leap for mankind.
- **July 4, 1054 – Crab Nebula Supernova:** Ancient astronomers in China and the Middle East recorded a supernova so bright it was visible during the day.
- **July 1965 – Mariner 4 Flyby of Mars:** The first close-up photos of another planet were taken, revolutionizing planetary science.

Biology & Medicine

- **July 6, 1885 – Louis Pasteur's Rabies Vaccine:** Pasteur successfully administered the first rabies vaccine to a young boy, Joseph Meister.
- **World Zoonoses Day (July 6) –** Commemorates Pasteur's breakthrough and raises awareness about diseases transmitted from animals to humans.

Environmental & Global Awareness

- **World Population Day (July 11) –** Focuses on population issues and sustainable development.
- **World Nature Conservation Day (July 28) –** Promotes awareness about protecting natural resources.
- **International Tiger Day (July 29) –** Highlights the importance of tiger conservation and healthy ecosystems.

Physics & Chemistry

- **July 5, 1687 – Isaac Newton publishes Principia Mathematica,** laying the foundation for classical mechanics.
- **July 2, 1698 – Thomas Savery patents the first steam engine,** a precursor to the Industrial Revolution.
- **July 10, 1925 – Scopes "Monkey Trial" begins,** challenging the legality of teaching evolution in U.S. schools.

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Remarkable sporting events in July

Wimbledon Championships

- Held annually in early July at the All England Club in London.
- The oldest tennis tournament in the world, dating back to 1877.
- Famous for its grass courts, royal spectators, and strawberries & cream.

(delayed due to COVID-19).

Tour de France

- Begins in early to mid-July, often spanning into August.
- First held in 1903, it's the most prestigious cycling race globally.
- Riders tackle gruelling mountain stages and scenic countryside routes.

FIFA World Cup Finals (select years)

- July 13, 2014 – Germany defeated Argentina in Brazil.
- July 12, 1998 – France won its first World Cup on home soil.
- July 30, 1966 – England clinched its only title at Wembley.

Historic Cricket Matches

- July 1983 – India won its first Cricket World Cup at Lord's, defeating West Indies.
- July 2002 – India vs. England Nat-West Series Final, remembered for the dramatic chase and Sourav Ganguly's shirt-waving celebration.

Olympic Games (Summer Editions)

Many Summer Olympics have opened in late July:

- July 19, 1996 – Atlanta Games.
- July 27, 2012 – London Games.
- July 23, 2021 – Tokyo Games

The Open Championship (Golf)

- Held in mid-to-late July, often referred to as the British Open.
- One of golf's four majors, dating back to 1860.
- Played on historic links courses like St Andrews and Royal Troon.

Lou Gehrig's Farewell Speech – July 4, 1939

Delivered at Yankee Stadium, where Gehrig called himself "the luckiest man on the face of the Earth." A poignant moment in baseball and sports history.

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Mythology offers a fascinating array of deities associated with healing, medicine, and health. These figures often embody both the mystical and practical aspects of care, and many have influenced modern medical symbols and traditions. Here's a curated list of deities linked to medical science.

Greek & Roman Deities:

Deity	Role in Medicine & Healing
Asclepius	God of medicine and healing; symbolized by the Rod of Asclepius (a serpent-entwined staff).
Hygieia	Goddess of cleanliness and sanitation; daughter of Asclepius.
Panacea	Goddess of universal remedy; represents the idea of a cure-all.
Apollo	God of healing, plagues, and prophecy; father of Asclepius.
Epione	Goddess of soothing pain; wife of Asclepius.
Iaso	Goddess of cures and healing processes.
Aceso	Goddess of healing wounds and curing illness.
Telesphorus	Demi-god of convalescence and recovery.

Celtic & Norse Healing Figures:

Deity	Role in Medicine & Healing
Brigid	Irish goddess of healing, fertility, and poetry.
Dian Cecht	Irish god of healing and medicine; father of Miach and Airmed.
Airmed	Goddess of herbal healing and resurrection.
Eir	Norse goddess associated with medical skill and healing.

Egyptian Healing Deities (Influential in Western Thought)

Deity	Role in Medicine & Healing
Sekhmet	Lion-headed goddess of war and healing; associated with plagues and their cures.
Thoth	God of wisdom and medicine; credited with medical texts and healing knowledge.

Mythology offers a fascinating array of deities associated with healing, medicine, and health. These figures often embody both the mystical and practical aspects of care, and many have influenced modern medical symbols and traditions. Here's a curated list of deities linked to medical science.

Symbolic Legacy in Modern Medicine

- The Rod of Asclepius remains a global symbol of medicine.
- Temples of Asclepius (*Asclepieia*) functioned like early hospitals.
- Many Western medical ethics trace back to Hippocratic traditions, which were mythologically inspired.

Dhanvantari – The Divine Physician

- Considered the god of medicine and healing.
- Emerged during the *Samudra Manthan* holding the pot of *Amrit* (nectar of immortality).
- Regarded as the father of Ayurveda, the ancient Indian system of medicine.
- Worshipped especially on Dhanteras, a day dedicated to health and prosperity.

Ashwini Kumaras – Twin Healers of the Gods

- Sons of Surya (the Sun God), known for their youthful energy and healing powers.
- Serve as physicians to the gods, often associated with miraculous cures.
- Mentioned in the *Rigveda* as bringers of light and wellness.

Lord Shiva as Vaidyanath

- In his form as Vaidyanath, Shiva is revered as the Lord of Physicians.
- Associated with healing through spiritual energy, meditation, and yoga.
- Temples like Vaidyanath Jyotirlinga are pilgrimage sites for health seekers.

Mariamman – South Indian Goddess of Healing

- Associated with curing waterborne diseases like cholera and measles.
- Worshipped through rituals involving neem leaves, turmeric, and cooling foods.
- Seen as a fierce yet nurturing maternal figure.

Manasa Devi – Protector from Snakebites

- Goddess of snakes and guardian against venom and toxins.
- Worshipped in Bengal and northeastern India, especially during monsoon season.
- Symbolizes regeneration and protection through her serpent imagery.

Humour - Cartoon



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

Dr. Praveen Bhatia is also a fellow Radiologist, He has done MBBS from UCMS Delhi and MD Radio-Diagnosis from Maulana Azad Medical College, Delhi. He runs a diagnostic centre at Faridabad, Haryana. He started cartooning initially as time pass during corona lockdown, enjoyed and then carried on. He is also an avid traveller, blogger and corona time singer. Here are his cartoons, which I am sure will tickle you.

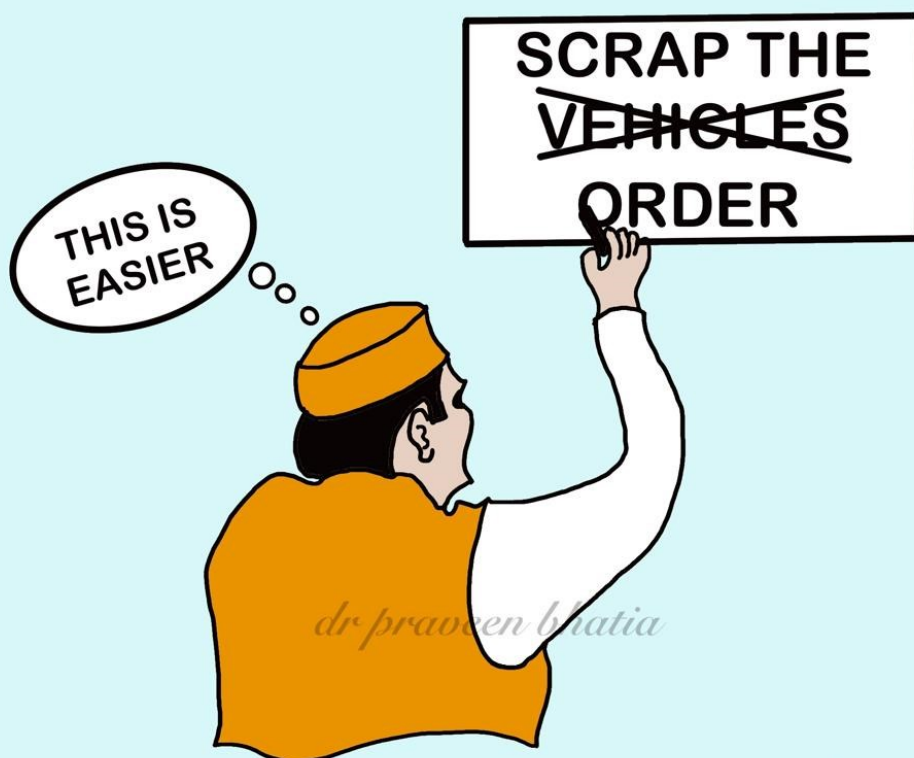


Humour - Cartoon



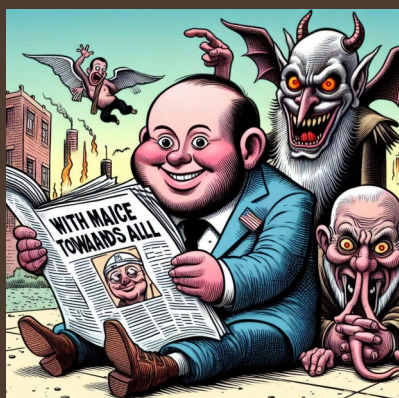
Humour - Cartoon

DELHI GOVT WITHDRAWS FUEL BAN ON
OLD VEHICLES



dr praveen bhatia

dr praveen bhatia



AI generated image

With malice towards all and
kindness towards none.

A monthly satire dose.

By

Dr. Pixel Pun

Where diagnosis meets
wordplay.



With malice towards all and kindness towards none

Shaadi Dot Comp: The Grand Indian Matrimonial Circus

Welcome to the contemporary Indian marriage scene — where affection is merely a suggestion, Excel spreadsheets reign supreme, and the pinnacle of romance is revealing your financial status under the watchful eyes of your parents.

Income Before Incense:

Before the stars align, salary statements are examined with the scrutiny of a tax audit:

- Height: 5'11" (sans heels)
- Complexion: Fair yet emotionally unavailable
- CTC: ₹28 LPA, negotiable if the bride's family possesses a bungalow in South Mumbai
- The bride's father demands pay stubs quicker than priests request kundli. Extra points for having cryptocurrency and a vehicle that isn't pre-owned.

Compatibility Through Filters:

Matches are not made in heaven, but through stringent filters

- Must adore dogs (but refrain from barking during disputes)
- Must be able to cook (but only on Sundays, and must document it on Instagram)
- Must be spiritual (but also socially aware)
- Incompatibility is identified after three brunches, two passive-aggressive squabbles, and one joint expedition to IKEA.

Compromise? That's for the Weak

In this era of soft launches and inflated egos, compromise is now viewed as a character defect. Couples part ways over pizza toppings and the custody of the remote control. The term "adjust" has become an emotional insult.

Love with an Expiry Date

Weddings have transformed into extravagant two-day brand partnerships complete with drone footage, hashtags, and choreographed sangeet performances. Yet, within six months, it's less about "saat janmo tak" and more about six EMI payments and irreconcilable differences.

Love Lost in Logistics

Amidst decorators, dowry disputes, and destination wedding drama, love frequently gets lost somewhere between the cocktail hour and the guest list spreadsheet. Relationships now necessitate project managers, exit strategies, and pre-nuptial non-disclosure agreements.

Art - Paintings & Sketches

Dr. Varsha Vaishnav, MBBS, MS

**Consultant Ophthalmologist,
Bhopal, MP.**



Dr. Varsha Vaishnav is a skilled ophthalmologist who has established her practice in the picturesque city of Bhopal, known for its rich history and beautiful landscapes. With a passion for both medicine and creativity, Dr. Vaishnav not only dedicates her time to providing exceptional eye care to her patients but also expresses herself through her artwork. Her artistic creations reflect her unique perspective and appreciation for the world around her. I encourage you to explore some of her artwork; I'm confident that you will find it captivating and inspiring! Whether it's through her intricate

designs or vibrant colours, her art offers a glimpse into her imaginative mind and the beauty she sees in everyday life.



Art - Paintings & Sketches

Dr. Varsha Vaishnav, MBBS, MS
Consultant Ophthalmologist,
Bhopal, MP.



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Bhopal, MP.



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Consultant Ophthalmologist,
Bhopal, MP.



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.



Worried Beauty

Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

Consultant Paediatrician and Neonatologist.



Meditating

Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

Consultant Paediatrician and Neonatologist.



Rajasthani Beauty

Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

Consultant Paediatrician and Neonatologist.



Wise old man !

Art - Paintings & Sketches

Dr B. K. Manocha
MBBS, MD.

Consultant Paediatrician and Neonatologist.



Princess

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 2: Meghalay and Around Shillong: Monoliths of Nartiang, Dawki River & river cruize, Border of Bangladesh with India, Root Bridge

Monoliths of Nartiang: Hundreds of standing stones, some 8m tall, stand sentinel in Nartiang, Meghalaya, with their origin shrouded in fantastical folklore of the Jaintia Hills. As we entered the site, we could see several hundred monoliths of all sizes packed on a small hillock, some lying prostrate, others rising tall and vying for attention alongside huge trees. A perpetual mist hung about the place, adding to the air of mystery. The monoliths seen at many sites in Meghalaya including Nartiang may have served as megalithic tombs. The Khasi and Jaintia people of Meghalaya and the Nagas of Assam erected single standing stones or alignments of stones in honour of the dead.

Dawki River- river cruise and Bangladesh Border: Dawki river is magnificent with its crystal clear water and one can spot the rock bed beneath because of its clarity (see photo). This river is considered one of the cleanest rivers in the world and flows along the very border of India and Bangladesh. There is a BSF border post there which controls the movement of people and vehicles across. We reached the barricade at the border and interestingly found a Unani Doctor Dr Iqbal Qureshi on the other side of the barricade. We shook hands across the barricade and he crossed over to the Indian side and in a return gesture we crossed over to the Bangladesh side (to improve the deteriorating bilateral ties□) under strict supervision of Hari Singh the BSF guard and temporarily became 'illegal immigrants'.

The Dawki Suspension bridge, built by the British in 1932, hangs over the river. A 'Gondola Cruise' on the river is a must.

Root Bridge: The Ummunoi Root Bridge is a smaller, single-decker root bridge near Dawki, Meghalaya. Made only from the roots of trees is known for its natural beauty. Located near the more famous Dawki Living Root Bridge-serene escape for visitors.

Travelogue

Dr. Bharat Parekh
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Sir H N Reliance Foundation Hospital & Research Centre, Mumbai



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Travelogue

Dr. Bharat Parekh

MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai

Crossed over to Bangladesh



Travelogue

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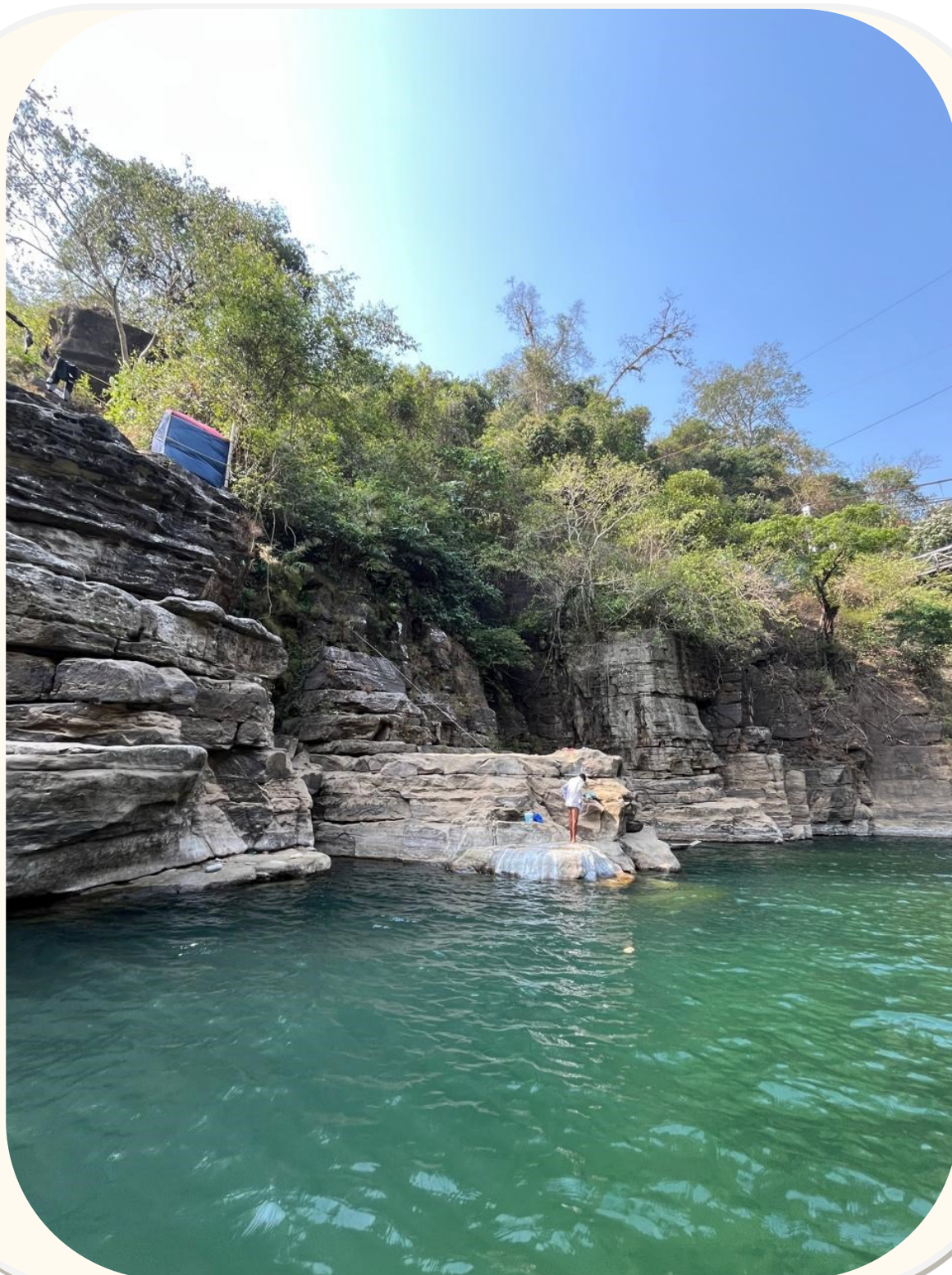
Scuba diving lessons
In River Dawki

Travelogue

Dr. Bharat Parekh
MBBS, MD

Consultant Radiologist

Sir H N Reliance Foundation Hospital & Research Centre, Mumbai



July 2025 - 64th. Edition

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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Literature: Poems



Dr. Rohini Patil,
MBBS, DGO
Gynaecologist,
Nallasopara, Vasai,
Maharashtra.

Dr. Rohini Charudatta Patil is a professional Gynaecologist who completed her MBBS and DGO from GMC Miraj. She began her practice at Abhinav maternity nursing home in Nallasopara, Vasai, Palghar a dozen years ago. Additionally, she was a columnist for "Tanaat Manaat" in Dainik Herald newspaper, Goa for a span of 2 years. Dr. Patil has also successfully completed 5 exams from Gandharva Vidyalyaya in Kathak Nritya. Currently, she is on the verge of publishing a booklet of four liners and has graciously shared two of her poems with us.

GURU POORNIMA

They say knowledge is
A flowing river
Put in your hands and
As much you can ; gather

A Guru has the power
He can turn
your handful into
An infinite urn

Guru our lighthouse
We bow unto thee
Navigate us
Through any rough sea.....

HAD IT NOT BEEN FOR.....

There is immense pollution around us
Had it not been for our lungs...

There is huge water contamination
Had it not been for our kidneys....

Ohh topnotch food adulteration
Had it not been for our livers....

Such large scale air pollution
Had it not been for our corneas....

High decibel sound pollution
Had it not been for our tympanums.....

Such a scary rat race everyday
Had it not been for our tireless hearts.....

So all my body parts are in action
They work overtime for my protection

Should I not be sensitive for gain
To use my brain. For....
No mindless scrolling
No thoughtless binging
Stop overthinking
Happily accepting

To save them and
Spare them

Use them wisely
Thank them solemnly

To live and let live
Be my motto
My very ownself
Would be my go-to.....

Reflections - An e-magazine showcasing the artistic talents of Medics**Photography: Dr. Bharat Parekh****Next issue in August 2025**

I am absolutely thrilled to announce the grand unveiling of the 64th issue of Reflections! Mark your calendars, folks, because the next issue is set to drop in August 2025. I warmly invite all you medical wizards dabbling in extracurricular shenanigans to send your masterpieces my way. If your submission meets our high-flying quality standards, it could make a splash in our e-magazine!

I kindly urge you to jump on this exciting bandwagon by sending your materials in Word format, along with some snazzy high-resolution images. Oh, and don't forget to toss in a personal photo, a little info about your workplace, and your email address. To make sure your submission gets a VIP pass for the upcoming issue, please have it in my inbox by July 25th, 2025.

Your feedback is like gold! I'm all ears to hear your thoughts on Reflections. What do you think of our publication? How can we jazz it up even more? Whether your feedback is a warm hug or a gentle nudge, I encourage you to spill the beans. If you share your thoughts, I promise to sprinkle them into 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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