



Dr. Aparna Kanungo

Silent Clamour

Dwindling through the unforeseen fallacies,
My heart felt the reckless beat of impasse.
I choose not to surrender, neither fight,
I stood wordlessly there.

Wondering at the moments that shall pass,
Out there in the open waters,

I breathed among people, some varied some
desperate,
some real and some difficult ones,
But I soared them all to the nearing shore.

My squeaks were engulfed by the voices and the
chaos,
I chose to silently move with not a sound to trample
my worries further.
Leaving them away, I chose a desolate place for
myself and my troubles.
I silently wept and breathed the smell of bliss, in this
bemusing clamour.

Self-Reflections

Somewhere unknown, I looked at myself
Through the tinted glass, face aglow.
I spoke to inane self, off verses and doings of
yesteryears
Of the real and the unreal, the happenings of my
imagination.

The face smiled, as I smiled,
The reflections moved while I did so.
But emotions visibly hid the fiery ones,
the emotions of possibilities and hopes
the sentiments of deep anguish, rightfully so.

With muted lips, misty eyed,
I let my feelings quietly flow.
How far can I travel,
while preparing for this questionable journey?
A journey that stretched beyond one's control,
of mistakes, of setbacks, and much more.

Barriers and bonded fragments, seeped into my
fragile soul,
And a moment it took, to poise and realize.
Some timid beginning, set my afflictions aside,

And created a pacified self,
Seeking out for revelations once more.

Tides of Her Rising

She stepped from waters deep to waters calm,
Embarking onto colours of diminishing glory to
enhancing purity.

She knew not where to repose,
She knew not where to renounce.

There she saw mismatched colours fade into the hush
of eastern waves,
Overbearing to the reticent heart,
A murmur pressed against her quiet heart,
And she forgot her vivacity somewhere.

With wonder and a fragile hope,
She waited for the western shore,
The waves and soft sand caressed her weary feet,
A change that felt better,
Change that mused well with her soul somewhere.

She danced without fear,
She wept without any hilt of guilt and shame
And when the waves embraced and blended as one,
She chose to rise, once again, renewed and unbroken.

Dr. Aparna Kanungo

Dr. Aparna (MBBS, MS, M.Ch.) is a Board Certified Plastic, Reconstructive & Aesthetic Surgeon with over a decade of clinical experience spanning reconstructive surgery, burns, microsurgery, and aesthetic surgery procedures. She is currently serving as Assistant Professor at AIIMS Bhubaneswar, with an active research portfolio encompassing peer-reviewed publications, intramural projects, and international conference presentations.

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