

GREEN DAY CELEBRATION AT RYAN CHRISTIAN SCHOOL, VASHI



The Montessori kids of Ryan Christian School, Vashi celebrated the Green Day on 19th July 2024. It was lush green outside and inside the campus. The students and the teachers fascinated the campus in green attire, a scene of prosperity.

Kids in green attire began the day with prayer thanking God for the bounties of nature. The children actively participated and enjoyed all the activities of the day. They were enthusiastic to plant a few saplings. Teachers assisted them in colouring the tree with finger print and Crown making. They had the joy of palm printing a leaf for the caterpillar, colouring caterpillar and clicking photos in green selfie stand

They later walked and talked with nature and learnt about different plants from the garden. Collected the fallen leaf and twigs to

make their own creativity.

Children began their celebration with the blessing of the Almighty.



The students were involved in a number of activities on greenery, plants and water along with flora and fauna. Their classrooms were all lit up with the things green in



colour. They sang rhymes with their peers to promote "Go Green". The students visited the school's lush green campus, and planted a sapling. They actively participated

in the activities such as "Show and Tell" which enabled the children to develop their self-confidence and effective communication. Thus the students were educated that plantation leads to rain and the rain water gives life for the earth and its habitats. Section Head Mrs. Sharlet Fernandes explained the students the motive of celebrating Green Day for the growth of nature. Nature always provides us with those things that no one can ever give us, such as fresh air, oxygen, peace, summers, winters, etc. Even though these things are highly essential for living our life.



Editorial

MAN realise SOON

We probably wake up only after the problem stands knocking our doors. After facing extreme heat we finally woke up and now everyone is eager to plant a sapling. Only time will tell if how many actually implement it throughout the year so that there is some impact in the future.

Every year the country wakes up to waterlogging issue with the first downpour in monsoon. Mumbai the financial capital having one of the richest Municipal Corporation probably treats waterlogging as a Sha-gun (good omen) and only then wakes up to clean the drainage. After that meetings are held to discuss ways to tackle the problem during the monsoon season.

Why can't the Municipal Corporation build broader drainages with facility to tackle the heavy downpour even if it accompanies high tide. There seems to be very little planning when new housing projects are sanctioned and papers and architectural diagrams are passed probably with under the table dealing. The result is flooded roads leading to loss of life and precious man days. Hope something serious is not just been done on the drawing table but on the ground too !!!!

Healthy Counts

A Health Routine Kids Can Count On



SENIOR CITIZENS AND FINANCIAL INDEPENDENCE

This article is for young people actually, but it shall reflect on the state of senior citizens.

Being Financially independent is the dream of every senior citizen. They do not want to be dependent on their children or anyone else. Many of them work and save their entire life to take care of their children and many cases also their own parents when they were young and their parents had not saved enough or the medical expenses were higher than their saving.

I personally have witnessed this happening where the senior citizen thought he had saved well for himself for the old age, but the medical expenses despite having medical insurance ran into lakhs which was not there and this ended in diminishing of all the resources, thus ending in a state where the children had to spend a large amount of money for medical expenses. This resulted in the cascading effect on the savings of the children. The savings of the children also got affected and they realised they were old and had very little for their old age.

Therefore, it is very important to ensure enough savings for old age and use it wisely. Medical insurance is a must and enough has to be saved for the large premiums which go on increasing with the age.

Besides the above senior citizens face many other issues including creating wills, trusts and beneficiaries. They need help to manage this and need a very trustworthy accountant and lawyer who would guide them to do so. It is always better to draw out the wills in advance in order to prevent the family going through it after they are gone. It is not necessary to hand over everything, but definitely keep all the papers in order for a smooth transition of wealth and estate after they are gone. This helps the family receive it all very gracefully and there are no ill feelings.

Debt Management is another area senior citizen have a challenge with. If there are loans on property or housing or children education loans, then they become a matter of stress and anxiety for some of them. Therefore, it is essential to plan in a way that all the loans are paid off before entering into the stage of retirement. Many senior citizens have good health and they feel they can work forever, however with age it is not possible at times and some physical ailment can cause a setback in the plans of keeping on working for payments. It is good to remain active and keep working, however loans need to be cleared at a certain age.

Seniors are also prone to scams and frauds.



SALMA PRABHU
 Clinical Psychologist Career
 Counselor and Author of
 Parenting book
 Mom Dad U R Wonderful
 and You are My Star
 salmaprabhu7@gmail.com
 Call 9322851484

They may get tempted to invest in properties or projects which may be fraud leading to huge loss of their life savings. Therefore, it is better to always play safe and invest in reliable properties and well known, well paying project. Today the world offers short time and long-term investments like digital gold or SIPs. Taking good consultancy prior to investing and listening to the young generation or consulting them is also recommended. It is wiser to adjust investment strategies to reduce risk and ensure a steady income. This often

involves shifting from growth-oriented investments to more stable income producing ones.

All my life, I never paid attention to investing in gold. Recently since, two years I began investing in digital gold and I see the gold prices rising enormously and this has given me a good growth in short span. I would be soon using this to invest in a property at the right time.

Health care is one major area that seniors grapple with and fortunately we are now living in times where there are excellent facilities of assisted living with easy housekeeping and good health care. I recently visited a few and they are excellent, especially for long term planning when one of the spouses passes away and living in assisted living would ensure that there is no chance for being lonely or missing out on health care. Seniors do not want to burden their children and in many cases the children would be living in another city or country.

Our parents were not open to the assisted living concept and they felt that the children were abandoning them. However today the world has changed and assisted living would give the freedom and space to live the way seniors want to continue living instead of making new adjustments with their children or shuttling between children to give them a break.

Summarizing the above

I would recommend

1. Clear your debt and loans
2. Make appropriate wills, trusts etc.
3. Consolidate your income and plan for your old age
4. Keep a long-term plan for medical care
5. Continue with your insurances
6. Strategize your investments
7. Live with the senior community
8. Continue with your life purpose but do not depend on that income
9. Plan for Assisted living

I am sure this article will resonate with many senior citizens and they shall take necessary steps and not wait to close many chapters of their lives.

PREVENTION FROM DIABETES



Sahrish Akhtar

Lots of factors can contribute to someone being at risk of or diagnosed with diabetes. With the right support there are some things that you can change, but others you can't. Our tips on healthy eating could help reduce your risk of developing diabetes.

Prediabetes is the period before diabetes is diagnosed where blood sugar levels are high but not high enough to be diagnosed as diabetes. Fortunately, progressing from prediabetes to diabetes is not inevitable. There are many actions you can take to reduce the risk of diabetes.

Things like your age, ethnicity and family history can all contribute to your overall risk. We also know that living

with overweight or obesity is the most significant risk factor. If you know you are living with overweight or obesity getting support to lose weight when you are ready is one way you could prevent or delay type 2 diabetes.

Any amount of weight loss can help, research shows losing even 1kg can

risk or living with diabetes type 2 diabetes is living with overweight or obesity. But whether or not weight loss is part of your plan, it is still important to think about the foods you eat.

START WITH THESE 6 TIPS:

1) **Cut sugar and Refined carbs from your Diet -**

white bread, potatoes and many breakfast cereals. Instead, limit sugar and choose complex carbohydrates such as vegetables, oatmeal and whole grains.

2) **Quit smoking -** if you are a current tobacco user. Smoking can contribute to insulin resistance,

reduce insulin and blood sugar levels and decrease the risk of diabetes. Eating too much food at one time has been shown to cause higher blood sugar and insulin levels in people at risk of diabetes.

4) **Aim for 30 -** Try to be intentionally active by

beverages may help control blood sugar and insulin levels, thereby reducing the risk of diabetes. Sticking with water most of the time helps you avoid beverages that are high in sugar, preservatives and other unneeded ingredients.

6) **Eat Fiber -** Get-



taking a walk, dancing, lifting weights or swimming for 30 minutes, five days per week. If you get no or very little physical activity—and you sit during most of your day—then you lead a sedentary lifestyle, and it's time to get moving.

5) **Drink Water -** Drinking water instead of other

ting plenty of fiber is beneficial for gut health and weight management. Consuming a good fiber source at each meal can help prevent spikes in blood sugar and insulin levels, which may help reduce your risk of developing diabetes.

Stay fit
Stay Healthy
Stay Safe

help to reduce your risk. There are so many different ways to lose weight, so it's important to find out what works best for you and know what support is available to help you.

We know that not everyone who is at

Eating foods high in refined carbohydrates and sugar increases blood sugar and insulin levels, which may lead to diabetes over time. Examples of refined carbohydrates include

which can lead to type 2 diabetes. Quitting has been shown to reduce this risk of diabetes over time.

3) **Watch your Portion -** Avoiding large portion sizes can help

HEALTH IS WEALTH: FAST FOOD MAIN HEALTH HAZARD



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

Fast food is popular because the food is inexpensive,

convenient, and tastes good. However, fast food is often made with cheaper ingredients such as high fat meat, refined grains, and added sugar and fats, instead of nutritious ingredients such as lean meats, whole grains, fresh fruits, and vegetables. Manufacturers process the raw ingredients, often adding hydrogenated

oils, trans-fats and mono sodium glutamate to enhance taste and prolong the shelf life of the product. A high intake of trans-fat can raise low-density cholesterol levels and increase the risk for cardiovascular disease. Foods commonly considered junk foods include salted snack foods, gum, candy, sweet desserts, fried

fast food, and sugary carbonated beverages. Many foods such as hamburgers, pizza, and tacos can be considered either healthy or junk food depending on their ingredients and preparation methods.

Processed foods do tend to be less expensive than most fresh foods. In part, they're that cheap because

the U.S. government subsidizes the producers of corn and wheat, the main ingredients in those packaged snacks, which helps keep crop prices low. We crave unhealthy foods because they contain lots of sugar and artificial additives, which taste delicious, and therefore trigger the release of certain pleasure-

inducing neurotransmitters. Furthermore, we are evolutionarily programmed to eat a lot more than we need, so that makes it even worse

Obesity is becoming an epidemic and unhealthy lifestyle habits of youngsters are making them the biggest victims of lifestyle diseases

Contd. to page 4

ST. LAWRENCE HIGH SCHOOL, VASHI FATHER'S DAY CELEBRATION



Fathers are most ordinary men turned by love into heroes, adventurers, storytellers and singers of song.

With the grand beginning of the academic year, St. Lawrence High School, Vashi conducted the Father's Day Celebration on 29th June 2024. Teachers conducted various activities across all the sections (Pre-primary Section, Primary Section and Secondary Section) and the students actively showcased their creativity and love with great zeal. Fathers were invited to celebrate this special day, a special assembly was conducted, with prayers and worship songs, welcome speeches, and welcome song.

HEALTH IS WEALTH....

Contd. from page 3

resulting in rising incidence of juvenile obesity, said a survey conducted by Max Health care. The survey noted that at least 40% of children (aged 5-9 years), teenagers (aged 10-14 years) and adolescents (aged 15-17 years) are overweight or obese. The study also delves into insights from around 1,000 parents of overweight and obese children and adolescents, which reveals that 84% of girls and 82% of boys are physically and emotionally affected by weight issues.

Large intake of low

nutrition but high-calorie foods, high frequency of eating out and large portion sizes are unhealthy lifestyle choices being made by youngsters in Delhi, noted the survey. It added that these poor eating habits eventually manifest into full-fledged eating disorders. Parents of obese children agreed that they are very impressionable and get influenced by a lot of things. On the one hand, parents are using food as reward/means to distract children; and on the other, peer pressure, social media and advertis-

The tiny tots of Pre-primary Section performed party dance and the fathers were awestruck by the Goan Dance of Primary Section Students. The fathers competed with each others by participating in different fun games. Each and every father enjoyed this day and felt very special.

Our Chairman Sir encourages to inculcate different values such as discipline, cleanliness, sharing, caring, love and respect in the students.

Mrs Saira Kennedy, the Headmistress, addressed that, "The objective of this celebration was to make the students realize, acknowledge and honour their fathers for their unconditional love, care and sacrifice."

ing, academic stress and mood swings play havoc with their eating choices. Emotional eating and binge eating are hence becoming very common among young children.

Sleeping disorders

Youngsters are sleeping late and often resort to midnight eating. They do not burn any calories after eating late at night as they sleep afterwards. During the day, they are lethargic and thus burn less calories. Bad eating habits can cause sleeping disorders, depression, stress, anxiety and hormonal imbalance. Stress hormones and ste-

roids production can increase appetite thus contributing to weight gain. Processed junk food has been steadily filling the lunch boxes of many school children. Although nutritionists and paediatricians have been warning parents about the ill effects of processed food and why it should not become a habit, indulgent or harried parents reach for that carton or packet as it saves time on manic weekdays. The trick is to see that the child gets enough of carbs, proteins and vitamins. There is no need to stuff the child but she must be eating healthy.

SCHOOL VACATION AND STORY TIMES

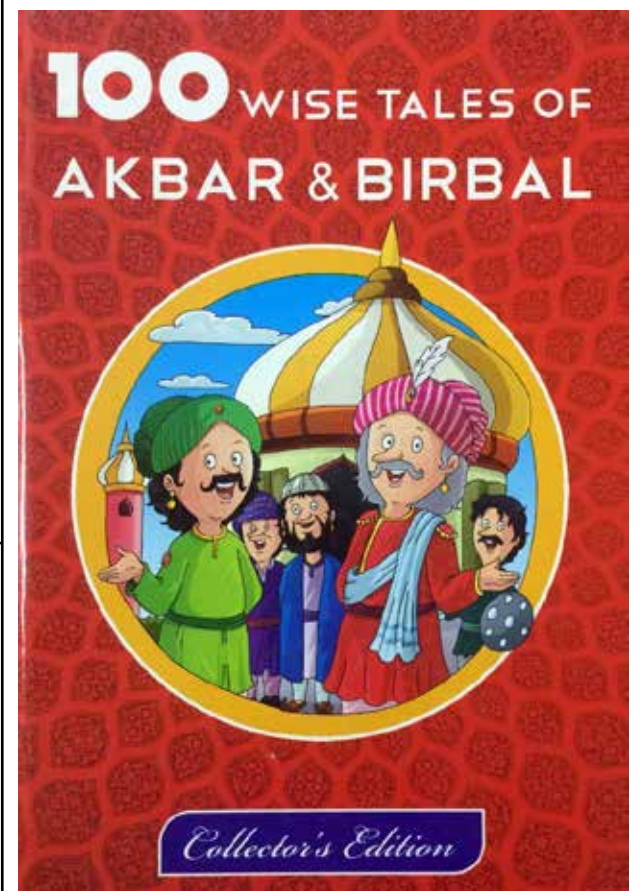


C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai

Summer vacation has started in schools and students have started feeling boring this time and find it difficult to spend their time usefully. Making scrap books or reading moral stories can help them to spend

a poet and singer in around 1556-1562.

Birbal Stories are very famous and popular in India among all ages of people. They are also called by another name Akbar-Birbal Stories. There was a Mogul Emperor in India, Akbar The Great (1542-1605). His full name was Jalaluddin Mohammed Akbar Padshah Ghazi and he ruled India from 1560 to 1605. He himself was illiterate, but he invited several learned people in his court. Among these people, nine were very famous and



their time in a valuable way. Bed time stories are famous but Akbar and Birbal stories even apply for the present generation of children in a big way.

Birbal, or Raja Birbal, was a Hindu advisor in the court of the Mughal emperor, Akbar. He is mostly known in the Indian subcontinent for the folk tales which focus on his wit. Birbal was appointed by Akbar as

were called Nav Ratna (nine jewels of the Mogul Crown) of his court. Among these nine jewels, five people were more famous - Tansen, Todarmal, Abul Fazal, Maan Singh and Birbal.

The exchanges between Akbar and Birbal have been recorded in many volumes. Many of these have become folk sto-

Contd. to page 6

RYAN CHRISTIAN SCHOOL – VASHI ENVIRONMENT WEEK CELEBRATION



Ryan Christian School, Vashi celebrated Environment Week (8th July 2024 to 12th July 2024) with great enthusiasm, focusing on fostering awareness and action among students towards environmental conservation. The week-long event was marked by various activities aimed at instilling a sense of responsibility and love for nature.

To kick off the week, students participated in a tree plantation drive where they brought saplings of native plants. The students were taken to the Mini seashore for Cleanliness drive and Swamy Narayan Mandir area in Vashi, sector 11 for the plantation. Mrs Darshana Bhoir (Social worker - Samaj Sevika Navi Mumbai) led the team and the group of students for the same. This initiative not only contributed to enriching the environment but also leading to a fresher and green future.

The school surroundings were also beautified with planting of more fruit bearing trees. It also promoted biodiversity and provided a hands-on learning experience in environmental stewardship. Students eagerly planted the saplings in dug holes with the help of the school Gardner, and learned about the importance of each species in maintaining ecological balance.

A workshop was conducted by Ms Richa Sameet a young sports person and Social Activist. She spoke on importance of Biodegradable resources and how to nurture the plants after planting the saplings.

Overall, Ryan Christian



School's Environment Week was a resounding success, leaving a lasting impression on students about the importance of protecting our planet. By actively engaging in activities like tree planting and educational workshops, students not only contributed to their immediate surroundings but also took a step towards creating a sustainable future for generations to come.

Doctor Saves Man's Life With Quick CPR At Delhi Airport- Cardiopulmonary Resuscitation

CPR – or Cardiopulmonary Resuscitation – is an emergency life-saving procedure performed when the heart stops beating. Immediate CPR can double or triple chances of survival after cardiac arrest. No one dies of cardiac arrest if attended in a timely manner. A video of the incident was shared on social media platform X and quickly went viral, garnering millions of views and countless praises from



JAYANTHI SUBRAMANIAM
Navi Mumbai

netizens. The doctor's actions were hailed as a testament to the importance of quick response and lifesaving skills in emergency situations. According to reports, the man collapsed on the floor,

prompting the doctor to spring into action and begin administering CPR. With passersby watching in amazement, the doctor asked others to call for emergency services at the airport. Her efforts paid off, as the man began to show signs of revival. The timely medical assistance is a dear life. This was how Ewan Chatfield, who almost fell dead, was resuscitated after being hit by a cricket ball in New Zealand a long time ago.

Sahochori
Celebrating Womanhood
(Sahochori)

**Better hygiene starts with
Sahochori sanitary care**

www.sohochori.com

DATEWITHHEALTH'S INITIATIVE FOR A BETTER TOMORROW!!!

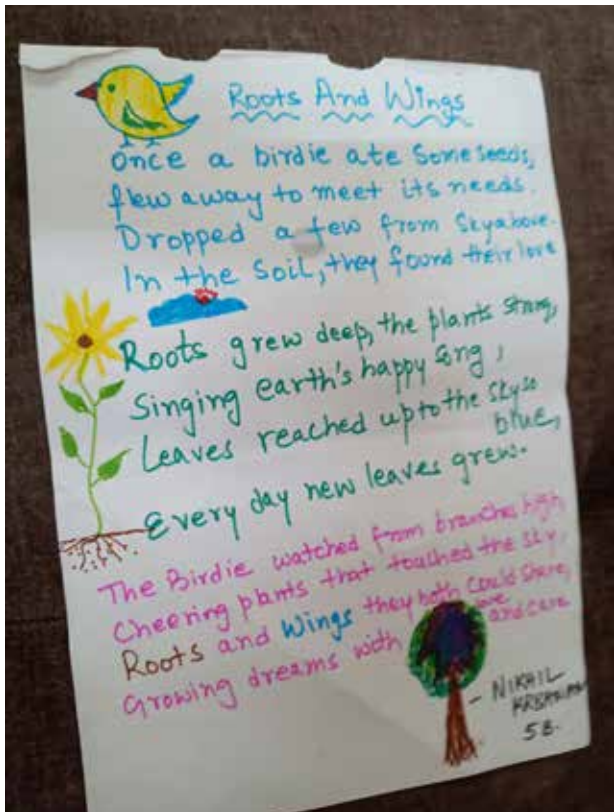
Plant a Sapling, click a picture with it and send it to us on
datewithhealth@gmail.com

We will carry the same in our coming issue. Don't forget to send your Name and full postal address. We will send you a complimentary copy of that issue.

So plant a sapling today as your contribution for a better tomorrow !!!!



CREATIVE SPACE



Nikhil Subramaniam
 (11 Yrs)
 Reliance Foundation
 School, Koparkhairne



Merril X Corera (7 years)
 Fr. Agnel Multipurpose School, Vashi



Ayansh Rathour (8 years)
 Class 3, Euro School, Balkum, Thane

CLEAN AND GREEN ENVIRONMENT



GO GREEN initiative
 at Sector 9, Sanpada, Navi Mumbai
 (Picture Courtesy CK Subramanian)

SCHOOL VACATION

Contd. from page 4

ries in Indian tradition. as Birbal's ones. There are many books published about Birbal Stories but the collector's edition is a treasure to preserve. One hundred wise tales of Akbar and Birbal can give the children the enjoyment of their life time during this summer vacation. Let the parents also read these stories and impart knowledge to their children to learn the moral in these stories.

Subscribe Now!
Monthly Newspaper

DATE WITH HEALTH

Please contact: **9987309006**

NOTE: Contributors are responsible for the content, views and opinions expressed in their articles/advertisements. While every care has been taken to avoid errors and omissions. Though we take care for acceptance of advertising copy materials, it is not always possible to verify its contents. Date with Health will not be liable for the consequences arising from contents, nor any loss or damage incurred as a result of transactions with companies, firms, associations or individuals advertising/editorial in its books. All trademarks in the publication belong to the respective owners.

CLEAN AND GREEN ENVIRONMENT



An IT professional who loves gardening has sent these beautiful pictures of her well maintained garden. She is a regular reader of DATE WITH HEALTH.

Kudos to her for contributing her bit to keep the environment clean and healthy !!!!

RASHIDA ZAIDI, McKinney TX, USA



TREE PLANTATION DRIVE

Green plantations are vital for maintaining ecological balance, supporting biodiversity, and ensuring a sustainable future. By promoting and preserving these natural wonders, we can contribute to a healthier planet for generations to come.

To create awareness and save the environment, the Inner Wheel Club of Navi Mumbai Sunrise, led by club president Rachna Trivedi, conducted a "Green Runs Green Pledge" event, including the Inner Wheel Marathon, on July 1st, 2024. It was the very first day of our work

The marathon was approximately 1.5 km long, ending at a nearby temple where they were welcomed by a senior citizens' musical group.

We then initiated a tree plantation project with the help of seniors and children. Our club planted 51 trees, including holy and medicinal trees such as Peepal, Banyan, Bel, Tulsi, Neem, as well as fruit-bearing plants like Coconut, Papaya, Jamun, and many more flowering plants. We also distributed healthy snacks and felicitated the participants with certificates for their active involvement in the Green Runs Green



as the Inner Wheel Club of Navi Mumbai Sunrise with a new team assigned for 2024-25. Though it was a little difficult to manage due to time constraints, we somehow managed it with great success.

The "Green Runs Green Pledge, Inner Wheel Marathon" event, under the banner of the Inner Wheel Club of Navi Mumbai Sunrise, was executed perfectly. More than 150 school children from grades 3 to 8 from SAVIOR'S GLOBAL SCHOOL, along with their teachers and school staff, participated in the Green Marathon. They carried beautifully decorated pots with green plants such as tulsi, aparajita, and flower plants, and chanted slogans like "Plant Trees, Save Earth" and "Go Green" with high energy and enthusiasm.

Pledge, Inner Wheel Marathon.

While beautiful bhajans were performed by our senior citizens' group, it started raining, creating a calm and pleasant atmosphere. We also served tea and biscuits to everyone. This would not have been possible without the support of my Inner Wheel family, the students of Savior's Global School, their principal Sushmita Ganguly and other staff members, and of course, the senior citizens' musical group.

Also our club bought and positioned one Dustbin with our club name and logo just outside the Temple so as to enable devotees to keep the temple surrounding neat and clean.

I would say it was a good start to my first day as the president of the Inner Wheel Club of Navi Mumbai Sunrise.

My Journey to Everest Base Camp: A Dream Fulfilled

Embarking on the Everest Base Camp (EBC) trek was a lifelong dream for me, **Shalini Rathore**. As a 37-year-old beginner trekker, the challenge of reaching the base camp of the world's highest peak was both exhilarating and daunting. This was my second trek, first being the Kedarnatha trek a year before. From 16th April to 23rd April 2023, I had the incredible opportunity to experience the majestic Himalayas up close with Bikat Adventures, and the journey was nothing short of transformative.

Preparation and Anticipation

Preparation for the EBC trek began 3 months in advance. Physical fitness was paramount, so I incorporated regular cardio, and hiking into my routine. My routine included 10 -15 Km of daily walk along with stairs climb. A week before the start of the trek, I gave rest to myself.

The Journey Begins: Kathmandu to Lukla

Day 1: I reached Kathmandu, the vibrant capital of Nepal, on the 15th of April. At an altitude of 1,330 meters, the city welcomed me with its rich culture and bustling streets.

Since direct flights to Lukla were unavailable, I travelled from Kathmandu to Ramechhap on day 2. And spent the night there, excited for the flight to Lukla the next day.

Day 3: Ramechhap to Lukla and Trek to Monju: On 17th April, I flew to Lukla, which is at 2,860 meters. This is one of the most thrilling flights in the world due to its short, uphill runway. The excitement was palpable as our small plane navigated through the mountains, and I could feel the adrenaline pumping through my veins as we landed in Lukla. From Lukla, I started my trek and reached Monju by evening.

The Trek: A Tapestry of Experiences

The trek from Lukla to Everest Base Camp is a journey through diverse landscapes, cultures, and altitudes. Each day brought new challenges and breathtaking vistas.

Monju to Dingboche

On Day 4 The trek continued from Monju to Phungi. The trail



was filled with beautiful landscapes, including lush forests and flowing rivers. On the route we crossed Phakding, a small village nestled in the Dudh Kosi river valley. The trail was relatively easy, serving as a good warm-up for the more strenuous days ahead.

Day 5: Phungi to Dingboche I trekked from Phungi to Dingboche, which sits at an altitude of 4,410 meters. As I climbed higher, the air became thinner, and the scenery more dramatic.

On this route we passed through Namche Bazaar, the bustling Sherpa capital. The steep ascent to Namche tested my stamina, but the panoramic views of the Himalayas were a rewarding sight.

Acclimatization and Beyond

Acclimatization day in Dingboche was crucial to adjust to the thinning air. This rest day included shorter hikes to higher



altitudes and returning to lower altitudes for sleep, helping our bodies adapt to the elevation. During this day, I marveled at the surrounding peaks, including Ama Dablam.

Tengboche Monastery: A Spiritual Interlude

One of the highlights of the trek was visiting the Tengboche Monastery, a spiritual sanctuary set against the backdrop of Everest, Nuptse, and Lhotse. The serenity of the monastery, combined with the grandeur of the mountains, created a profound sense of peace and reverence.

Pushing Forward:

Lobuche and Gorak Shep

As we ascended higher, the air grew thinner, and the temperatures dropped. The trek from Dingboche to Lobuche was particularly challenging, but the camaraderie among trekkers and

the shared goal of reaching EBC kept us motivated. Finally, we reached Gorak Shep, the last stop before Base Camp.

Everest Base Camp: A Dream Realized

Day 9: On 23rd April 2023, we made our final push to Everest Base Camp. The rocky terrain and glacier paths required careful navigation, but the sight

of the colorful prayer flags and the iconic base camp sign was an emotional and triumphant moment. Standing at 5,364 meters (17,598 feet), surrounded by the world's tallest peaks, was a surreal and humbling experience. I took a moment to reflect on the journey, the perseverance it demanded, and the sense of accomplishment it brought.

Reflection and Return

Descending from EBC was a mix of relief and melancholy. The physical challenge was behind us, but so were the daily wonders of the trek. Returning to Lukla and eventually to Kathmandu, I carried with me not just

memories of stunning landscapes and new friendships, but also a deeper understanding of resilience and the beauty of nature.

Conclusion:

The Everest Base Camp trek was more than just a physical journey; it was a profound adventure that tested my limits and rewarded me with experiences of a lifetime. For anyone considering this trek, I wholeheartedly encourage you to embrace the challenge. The Himalayas are not just mountains; they are a testament to the power of nature and the strength within us.

This trek was a once-in-a-lifetime experience, filled with challenges and awe-inspiring moments. Each day brought new adventures and memories that I will cherish forever.

You can reach out to me at my insta handle @bodyhomesoul