

Date *with* Health

Monthly Newspaper on Health & Fitness

RNI Reg. No. MAHENG/2017/76690

Vol. : 8 • Issue : 2 • Pages : 8 • Price : ₹ 20/-

November 1 - 30, 2024

RYAN MINITHON 2024



Ryan Minithon 2024, one of the largest minithons for school students in the country, was held today in Navi Mumbai and witnessed enthusiastic participation from 11,489 students representing 22

distinguished guests in attendance, including Corporator Mr. Ravindra Ithape and Colonel Rajesh Sharma.

Sporty students from U-12 to U-18, clad in PT uniforms, ran the race along a marathon route lined



Pinto, and the Managing Director, Madam Dr. Grace Pinto, has been organizing such races in Bengaluru, Delhi, Chandigarh, Nagpur, Surat, Jalna, Jaipur, and Navi Mumbai since 1998 to develop a

lating prize distribution ceremony, with a number of distinguished guests in attendance. St. Aloysius High School, Nallasopara, and Ryan Christian School, Borivali, received the Championship Trophy



different schools in Mumbai, Navi Mumbai, and Thane.

The race was flagged off from Ryan International School, Nerul, by Dr. Snehal Pinto, Director of the Ryan Group of Schools, along with

with a continuous human chain of teachers from all the participating schools. The Ryan International Group of Institutions, mentored by the Founder-Chairman of the Ryan Group of Schools, Dr. A.F.



sports culture in the country that is conducive to grooming young students for national and international sporting events.

The winners of different age groups were awarded in a scintil-

at the 25th Ryan Minithon 2024 in the Navi Mumbai division. The second position was secured by St. Xavier's High School, Naigaon, while St. Lawrence High School, Borivali, secured the third position.

MISSION CLEAN AND GREEN ENVIRONMENT

We at DATE WITH HEALTH have started an Environment awareness mission wherein we encourage people to use every opportunity like birthday marriage anniversary any other important achievement to plant a SAPLING and celebrate the occasion.



We keep looking for saplings during monsoons and then find the saplings ARE EXPENSIVE. And then drop the idea of planting the saplings. Recently I found two Banyan Saplings in our Society Wall. Removed them and planted them in a pot for further nurturing. Next monsoons will plant them in appropriate locations. Similarly found a Jamun Saplings in one of the shops in Sector 17, Vashi. The shop owner has agreed the sapling to be taken by me. Also a shop owner in Sector 6, Vashi has agreed to donate four coconut saplings to me. I have collected additional 10 saplings from our Municipal Ward residents for same purpose. 🌳🌲🌴🌿🐸🐡🐢🦋💧💧💧💧🐟🐟

Kedarnath Ghorpade, Vashi, Navi Mumbai



PLEASE NOTE: Vol. 8, Issue - 1 (October 1-31, 2024) Print Edition was not printed due to Covid-19 related problems, the inconvenience caused is regretted. You can see the same digitally on our website: www.datewithhealth.com - Editor

- Editor



Editorial

HUM DOH HAMARE DOH ho gaya purana EK GHAR EK GADI ka hai Zamana

Every year during this time of the year everyone is concerned about air pollution getting bad to worst. Blame game starts as usual and the four months of winter pass off without any solution, on the contrary it ends up killing several hundred people due to pollution related problems.

This time to it seems the scenario won't be any different. People will die, face breathing issues and ultimately the political parties will end up blaming each other.

Why can't people take an initiative without waiting for government or the administration to take any steps, which rarely happen (only when elections in the region are round the corner do political parties become active).

If only people shun a bit of their luxurious lifestyle and don't add up two and four wheelers for every member of the family a lot of pollution would reduce with fewer vehicles on the road. Planting more saplings would add to a better environment further.

Nothing can happen overnight but much can with everyone contributing their bit on a daily basis. Why can't people use their common sense and stop buying two and four wheelers for every member of the family. Isn't it this accumulation of cars and scooters leading to traffic jams and increase in air pollution. On the one hand people are up in arms when petrol and diesel prices go up but on the other hand keep adding a member every year in their mode of personal transport.

Time has come when people should think on the lines of HUM DOH HAMARE DOH slogan of the past to control human population and stick religiously to EK GHAR EK GADI (ONE HOUSE ONE VEHICLE)

Wishing all Happy Safe Prosperous and Pollution Free Diwali 🍂🍂

SENIORS AS MENTORS

The biggest aim of every senior citizen is to feel worthy of their existence. It is true that one has to accept that life slows down a bit when you turn 60. However, while that process has to be accepted with a smile, it is necessary to keep the wheels of knowledge flowing and sharing the great experience and wisdom with the world. There are many ways that seniors can continue to feel worthy and one such method is to be a mentor or a teacher.

The advantage of seniors becoming mentors are many. One is that they have immense knowledge and experience along with wisdom. Two is that they have by this time learnt the art of articulation and sharing their experience in a crisp manner, the third is that they know exactly how to guide by not giving it all to the mentee and actually training them to do research in their field of expertise. Fourth is that they have the patience to see the mentee make errors and then correct it again. Fifth is their ability to help the mentee structure their work or the area that they are developing in. Sixth is to help the mentee remain motivated. I am at the moment mentoring a few psychologists and though I myself feel I am not doing much they keep telling me that they are highly motivated with my enthusiasm and love for sharing and training. They feel highly motivated with the amount of work I have done and also how I am still very passionate about it. For me my work is like a child who always remains a part of my DNA. Just because the child grows up and becomes independent, does not mean that he does not require my attention and love. I love that child always.

The advantage of seniors becoming mentors to themselves is that it gives a great sense of fulfilment to see that the knowledge is well shared with the new generation. The mind and body continue to be active, as whenever we are sharing, it is always like learning again and



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doing homework. One biggest advantage is to keep abreast with the topic and keep updated with what is happening in the current generation. I have learnt new techniques and therapies while teaching and mentoring the young students. Watching the young generation also helps the mentors become more flexible in their approach and add creativity to the art of imparting knowledge. I always feel I am learning while teaching.

Becoming a mentor though needs a few adjustments and the seniors need to be ready to bring about these changes in themselves.

First is the art of patience as sometimes the young generation takes some time to learn to respect the value of time.

Second is to not share too much at one time. Break down the material into small bits as giving away too much does not have value and the mentee may not be able to process it all.

Keep expectations not very high as you have learnt is all your life and you may be a great expert, but the mentee is just beginning, so they may take time to process.

The art of encouraging the mentees to do research is the biggest contribution we can do as mentors.

Keeping them motivated with intermittent encouragement and feedback is a great quality required in a mentor.

Sharing personal stories in short and crisp manner is most important as everyone may not be always interested in the minute details.

Finally, I would say that it is great phase of the life to share without any expectations in return, but the opportunity to see the fruits of our work in another individual who is going to take the knowledge further maybe to the next generation.

Wishing you all great mentees, a very Happy Diwali and prosperous, healthy and happy new year.

C. K. Subramanian: An inspiration for the younger generation

Keeping fit through cricketing activities. First as a player representing Bank as a player, Officiating as a TNCA panel Umpire, Cricket Coach after retirement from Bank's services in 2010 and a freelancer for 53 years without break even writing from the hospital bed during COVID-19. Now having 100s of paper cuttings of all my write ups since 1966. Still continue to bowl four overs and take 15 catches for my fitness at 75. Cricket lovely cricket....



Dance Movement Therapy as a tool in grief Trauma

Grief is the experience of coping with loss not necessarily as is associated with the death of a loved one. Grief can accompany any event that disrupts or challenges our sense of normalcy or ourselves.

Dance Movement Therapy (DMT) can be a powerful tool for addressing grief and trauma because it integrates body and mind, allowing people to process emotions that might be difficult to express verbally.

Body is considered as information Centre, of events in our lives. Our body stores every event and memories in cells. Here there is no gender bias except the societal norms, where in a woman can cry but a man cannot and is expected not to show emotions.

When grieving, people often feel overwhelmed or disconnected from their emotions. DMT allows individuals to ex-

press their grief physically, through movement, which can bypass the need for words and tap into deeper emotional layers. DMT encourages gentle movement that can release muscle tension and improve overall body awareness, and helps in removing the blockages—both psychic and physical thus leading to fostering a sense of control over their body and emotions. DMT session aids in moving through feelings of anger, sadness, or numbness at their own pace. The therapeutic process helps them work through emotions safely and constructively.

The sessions, especially the group sessions help people feel less isolated in their grief and assists in accepting the situation and in coming out in open. This is not to say that grief will vanish, or one is able to forget. This event too is stored in our body cells. How-



Dr. Ms. Veena Iyer
Founder of Khoj, Holistic
Healing Therapist
as DMT practitioner



ever healing takes place so that these moments of lightness and play can be

powerful reminders of life beyond the trauma.

The five stages of grief are Denial, Anger, Bargaining, Depression and Acceptance. –

– are often talked about as if they happen in order, moving from one stage to the other. But it is not so. They are neither in that order nor water

Rhythm. That is why the Tribal who live close to nature have great Rhythm in their body. Also they create movements for every occasion and events in life. Movements form an integral association in grief too. They beat themselves, catch head and wail loudly. We have all heard of Rudalis.

DMT in a session integrate carefully soft gentle movements initially and then the participants take it further with their own rhythm and pace. DMT can be a main therapy or a parallel one without aggravating discomfort but at the same time giving an outlet for the grief to be expressed non verbally.

DMT offers a holistic approach to healing during grief trauma, blending physical, emotional, and psychological elements to foster growth and resilience.

This is an analysis of use of DMT in grief and not a medical writeup.

tight compartments.

Nature has its own

SOOR TASTE BUT REAP RICH BENEFITS

Sour foods like citrus fruits, and fermented items are universally appreciated and enjoyed for their unique and refreshing taste. They can also offer benefits like better digestion, weight management and good oral health. It is generally safe to eat sour foods every day as they offer various health benefits, but should be consumed in moderation, along with other food groups. If you experience discomfort, such as acid reflux or digestive issues, consider reducing the intake. If you have specific health conditions, particularly related to the stomach or teeth consult a doctor.

Sour foods can add

depth and flavour to meals, as well as provide various health benefits:

1. Improved digestion

Sour foods can stimulate saliva and digestive juices, aiding in digestion and nutrient absorption, which can help prevent issues like bloat-



C.K. SUBRAMANIAM
Freelance writer
Navi Mumbai



ing and indigestion.

2. Rich in vitamin C

Many sour foods, such as citrus fruits, are high in vitamin C, which may support the immune system, promote skin health, and enhance iron absorption.

3. May lower heart disease risk.

They are often rich in antioxidants, so they may help to fight off oxidative stress and reduce the risk of heart disease.

4. Weight management

Sour foods can help curb cravings and promote feelings of fullness, making them beneficial for weight.

5. Improved oral health

Sour foods are acidic and can help reduce harmful bacteria in the mouth and lower the risk of oral health issues.

6. Blood sugar control

Sour foods may help regulate blood sugar levels, which can be beneficial for people who are managing diabetes.

7. Hydration

Many sour foods, like citrus fruits, have high water content. Such fruits can help to stay hydrated, and also maintain overall fluid balance.

Overall, it creates balance of heart and soul and makes you in perfect health and robust living.

AN ACTUAL ANALYTICS

Healthcare analytics benefits health businesses, hospital administrators, and patients. Although it can be tempting to imagine health care analysts working in a virtual data cloud, the reality is that their work has a tangible impact on how hospitals operate, provide treatment, and conduct medical research. Health care analytics is a subset of data analytics that uses both historical and current data to produce actionable insights, improve decision-making, and optimise outcomes within the healthcare industry. Healthcare analytics is not only used to benefit health care organisations but also to improve the patient experience and health outcomes.

At a glance, some of the most common benefits of healthcare analytics include:- Improved patient care, such as offering more effective courses of treatment. Predictions for a patient's vulnerability to a particular medical condition. Improved scheduling for both patients and staff, Optimised resource allocation, More efficient decision-making at the business and patient care level. The healthcare industry is awash with valuable data in the form of detailed records. Industry regulations stipulate that health care providers must retain many records for a set period. This means that health care has become a site of interest for those working with "big data", or large pools of unstructured data. As a still-developing field, big data analytics in healthcare offers the potential to reduce operation costs, improve efficiency, and treat patients.

Evolution of Risk Adjustment Models Risk adjustment models have come a long way since their inception in the 1980s. From simple demographic factors to sophisticated tools leveraging electronic health records (EHRs) and International Classification of Diseases (ICD) codes, these models have evolved to provide a more accurate understanding of patient health and predict future healthcare needs. The HCC (Medicare) and CDPS (Medicaid) models are prime examples of these advancements, offering a more nuanced approach to

risk assessment and payment alignment. Mechanisms Behind Risk. As much as data has revolutionised the financial, marketing, and tech industries, it has also profoundly altered the healthcare field. Healthcare analytics is used today for everything from providing business insights to refining diagnostic tools to improving patient care. Health analytics, its benefits for health care administrators and patients, and how you can get started in this exciting new career opportunity. At the end of the article, you will find suggested online courses specifically designed to teach data analytics and healthcare analytics.

Prescriptive analytics uses historical data to identify an appropriate course of action. In the healthcare industry, prescriptive analytics is used to direct business decisions and literally prescribe treatment plans for patients. As a result, some of the most common uses of prescriptive analytics in health care include identifying a patient's likelihood of developing diabetes, allocating ventilators for a hospital unit, and enhancing diagnostic imaging tools. A 2021 study conducted by a University of Michigan research team illustrates the positive impact of predictive analytics on patient treatment.

During the study, researchers devised a sensitive blood test that predicted how well patients with HPV-positive throat cancer would respond to specific treatment courses. The researchers found that their method could predict treatment effectiveness many months earlier than traditional scan.

As much as data has revolutionised the financial, marketing, and tech industries, it has also profoundly altered the healthcare field. Healthcare analytics is used today for everything from providing business insights to refining diagnostic tools to improving patient care. Here, you will learn more about health analytics, its benefits for health care administrators and patients, and how you can get started in this exciting new career opportunity. A career in healthcare analytics begins with acquiring the appropriate credentials, skills, and experience.



JAYANTHI SUBRAMANIAM
Navi Mumbai

Ryan International School, Vasant Kunj, Wins World's Best School Prize for Environmental Action 2024



Ryan International School, Vasant Kunj, has been honored as the winner of the esteemed World's Best School Prize for Environmental Action 2024. This accolade, awarded by T4 Education in partnership with Accenture, American Express, and the Lemann Foundation, recognizes the school's outstanding commitment to environmental sustainability and its innovative initiatives that address pressing global challenges. Winning schools share a total of \$50,000, and Ryan International School has cemented its place as a global leader in environmental education and sustainability.

Ryan Group of Schools under the visionary leadership of Dr A F Pinto, Chairman and Madam Grace Pinto, Managing Director, has implemented transformative projects

such as hydroponics, biogas plants, and extensive water conservation efforts. These initiatives not only promote eco-consciousness among students but also play a vital role in combating critical issues like pollution and water scarcity.

Expressing her gratitude Madam Grace Pinto said, "We are immensely thrilled that our Ryan International School, Vasant Kunj, has been crowned as the World Champion for Environmental Action in 2024! We thank our Lord Jesus Christ for this great honour and are very grateful that T4 education has recognised our efforts."

A standout feature of Ryan In-

ternational School, Vasant Kunj's environmental initiatives is the DABAT program, which merges modern technology with traditional farming practices to enhance water conservation. The school's hydroponics and biogas facilities have significantly increased its positive impact on the environment. Notably, its project "Aquifer Guardians," which won the Climate Change Challenge at COP 28 in Dubai, aimed at mitigating water scarcity. Following this success, Ryan International School plans to expand its green technologies and establish a startup incubator for



student-led environmental initiatives.

The winners of the World's Best School Prizes were announced following a rigorous global selection process, underscoring Ryan International School's exemplary leadership in environmental education. As the school celebrates this significant achievement, it remains steadfast in its mission to foster sustainability and inspire future generations to make a positive impact on the planet.

Caption for the Photos: Mr Ryan Pinto, CEO, Ryan Group Celebrates the Global Achievement with Ryanites

RYAN CHRISTIAN SCHOOL, VASHI

BLUE DAY CELEBRATION



Blue is the colour of the sky and sea. It is often associated with depth and stability. Blue symbolizes trust, loyalty, wisdom, confidence, intelligence and truth. The students of Montessori celebrated 'Blue Day' on Friday, September 22nd, 2024 with great zeal.

Students and teachers wore blue attire to symbolize happiness and wellness.

All the children came dressed up in different shades of blue. The classrooms were decorated with blue balloons and umpteen blue objects.

The significance of blue colour was reiterated through a series of activities. Excitement and enthusiasm was visible everywhere.

Mont I – Students participated in this activity with great enthusiasm to colour an outline of my balloon in Blue colour.

Mont II – Students were engaged in two different activities to colour 'My pencil' in blue colour

and to do fingerprinting of rain drops on an outline of a cloud. It was a pleasant and a cool blue day for the tiny tots.

Mont III - Students drew an Umbrella to colour it in their favourite Blue colour, another activity was done where students drew clouds with their own imagination and coloured blue rain drops

Blue Day was an amazing learn-



ing experience which had a long lasting effect on each student. Early identification of colours helped to create the cognitive link between visual clues and words which is an important part of a child's development.

It was indeed a visual treat to see the good effects of blue colour on our little ones.

RYAN CHRISTIAN SCHOOL, VASHI

Orange Day Celebrations Foster Imagination And Creativity Among Ryanites



Orange is a dynamic colour and stimulates imagination and creativity. Orange colour day was celebrated by Ryan Christian School, Vashi, with the aim to foster creativity, self-expression, and colour recognition among kindergarten students while promoting a fun and engaging learning environment.

On the occasion the Montessori kids of the institute were dressed in shades of orange while shining brightly. The classrooms and corridors were transformed into a vibrant orange haven, creating an immersive atmo-

sphere for students the children learnt various other things about the orange colour which also symbolizes enthusiasm, hope and prosperity. Children were engaged in various orange-themed art and craft activities, such as palm painting fish, bubble wrap painting to make orange and origami orange.

Section Head Ms. Sharlet Fernandes also spoke about the benefits of orange fruit who showed immense excitement and creativity during the celebration. Overall the event fostered teamwork and collabora-

tion among students. On the occasion Seema Selvaraj, Head Mistress of the Navi Mumbai based ICSE School on the occasion shared "The main Objective was to foster creativity, self-expression, and colour recognition among kindergarten students while promoting a fun and engaging learning environment. It was indeed a pleasure to witness little ones dressed up in orange, bubbling with energy and fascination. The enthusiastic children on the occasion enjoyed the fun filled activities related to the orange colour a lot".

Weekend Project: Wealth!

By C. K. Subramaniam

Freelance writer, Navi Mumbai

So this weekend, our cumulative deposits of kitchen waste of the last four months became 6 trays of compost and made me very rich (black gold). The tools used extracting and spreading the compost were a chopstick "borrowed permanently" from a Chinese restaurant and a roti chimta "borrowed permanently" from our kitchen a long time ago.

The composter used here were two Pipe composters that I made a post about earlier. Zero maintenance was done in this duration on them thanks to an unusually hot and rainy weather these last few months.

The reason for sharing this post is to encourage composting! Our house has been generating very minimal amount of



wet waste since the composters have become active and we are quite happy about it.

Uniting Women,
Inspiring Change

अश्विनी

Celebrating Womanhood



Ryan Christian School, Vashi: Parent Engagement activity

Parents are ultimate role models for their children.

To foster bonding, between parents and children and to promote teamwork, and encourage creativity through a fun baking activity.

Ryan Christian School Vashi organized a Yummy and Delicious Parent engagement activity "Kuch Meetha Ho Jaye" students of Montessori and Grade I and II along with their mom participated in this activity with great enthusiasm. This activity Enhanced parent-child bonding, their team work, it developed their fine motors skill and creativity.

Students and parents shared their valuable moments, in their conversation about the creativity and



nutrition.

It was indeed a fun Celebration of learn-

ing together, preparing oneself for the festive ahead.



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CREATIVE SPACE



Zainab (8 yrs),
St. Pauls Inter College
Shahjahanpur,
Uttar Pradesh



Dabeer Ali Khan
(Class 7th)
Eden Public School,
Shahjahanpur, U.P.



Nikhil Subramaniam
(11 Yrs)
Reliance Foundation
School, Koparkhairne

St. Mary's ICSE School Celebrates Sporting Excellence

St. Mary's ICSE School in Koparkhairane recently marked a significant milestone as it celebrated its Silver Jubilee, inviting alumni, former staff, and ex-principals to join in the joyous occasion. The event underscored the school's commitment to fostering a vibrant sports culture, exemplified by the establishment of a dedicated turf ground and facilities for indoor cricket, volleyball, hockey, and badminton, all meticulously maintained to encourage student participation.

In a remarkable achievement, 14 talented students have been selected to represent the school at the upcoming CISCE National Level Championship following their outstanding performances during rigorous trials held at the BHA Ground in Churchgate. Their selection is a testament to their unwavering determination and commitment to sports, as they previously excelled at the Maharashtra level. The chosen athletes include:

1. Nipun Gupta
2. Pranav Bajpai
3. Amogh Paturkar
4. Khushal Khairnar
5. Hridhaan Ladhani
6. Daivik KM
7. Aditya Patil
8. Ishan Agrawal
9. Amaan Nathani
10. Jinay Jain
11. Krushanu Agnihotri
12. Rishabh Dubey
13. Om Dhonde

Sanvi Chug, a standout student, has made notable strides in her athletic career by representing the Maharashtra team in the AISM Kho Kho Competition. Her dedication to the sport and exemplary performance at the state level have showcased her talent and determination, inspiring her peers and elevating the profile of the school's sports program.

Principal Blessy Matthew embodies the spirit of unwavering support and plays an invaluable role in nurturing these young talents. Her steadfast encouragement, combined with the resources she has made available, has created a thriving

environment for student growth. She is a beacon of inspiration, urging her students to dream big and pursue their



Father John Mathew, Vice Principal

passions with vigor. Under her leadership, the school has become a nurturing ground for aspiring athletes, where they are empowered to cultivate their skills and build their confidence.

Father John Mathew, the Vice Principal and an ex-sports player himself, has been the cornerstone of motivation and support for these budding athletes. His unwavering dedication to nurturing their talents and instilling the values of sportsmanship has propelled them toward excellence. Father John Mathew's relentless enthusiasm has sparked a fire of determination in these young athletes, making him not just a mentor but a beloved guide and role model.

Under his inspiring leadership, Father John Mathew has gone above and beyond to ensure that these athletes have all the support they need to

thrive. He has taken the initiative to organize inspirational banners that adorn the school grounds, creating an environ-



Sushma Dwivedi

ment that promotes motivation and team spirit. His efforts to provide state-of-the-art sports equipment have significantly enhanced the training experience for the students, ensuring they have access to the best resources available. Furthermore, his unceasing encouragement fosters a sense of confidence and resilience, empowering students to push their limits and strive for greatness.

Father John Mathew's belief in their potential serves as a driving force behind their success, inspiring not only the athletes but the entire school community. His dedication exemplifies the values of teamwork, perseverance, and integrity, encouraging students to embrace the spirit of sportsmanship both on and off the field.

The school's dedicated coach, **Sushma Dwivedi**, has been a constant source of mo-

tivation and guidance. Her commitment to training these athletes has transformed them into well-rounded competitors,



Sanvi Chug, student

instilling in them the belief that they can achieve even more in the days to come. In recognition of her expertise, she has been appointed as the manager for the 4th Hockey India Senior Women Inter-Department National Championship 2024, scheduled from October 14 to 21, 2024. This role highlights her dedication to promoting women's hockey at a national level and providing invaluable support to the participating teams.

Additionally, the school's Under-17 girls' hockey team showcased their exceptional skills at the Jila Stree DSO Hockey Tournament, securing an impressive second place. The tournament was held at Father Agnel Ground and featured talented players, including:

1. Sharanya Dangat
2. Aarna Khatri
3. Sarakshi Pawar
4. Labony Saha
5. Aarushi Patel
6. Riya Dhumal
7. Ishaani Rangnekar
8. Nuha Firfire
9. Krisha Sarawgi
10. Ashaka Arora
11. Sanvi Shetty
12. Priyanka Seervi

These achievements reflect the dedication and hard work of the students and the school's commitment to promoting sports excellence. St. Mary's ICSE School continues to foster a spirit of determination and teamwork, inspiring its students to reach new heights in their athletic pursuits. Many more achievements remain to be told, and much more remains to be achieved.

A Journey Through the Kashmir Great Lakes: A Trekker's Paradise

By Shalini Rathore,
Thane Mumbai

Introduction: The Kashmir Great Lakes (KGL) trek is often hailed as one of the most stunning treks in India, and it truly lives up to that reputation. From pristine lakes to towering mountain peaks, this trek offers a slice of paradise to every adventurer. I had the privilege of undertaking this trek from July 21 to July 27, 2024, with Trek the Himalayas (TTH), and it was an experience that I will cherish for a lifetime.

Day 1: Arrival at Shitkadi

The adventure began at Shitkadi, a small village near Sonamarg. The excitement of the journey ahead was palpable as we prepared for the trek. Our guide, Anup, from TTH, briefed us on the challenges we would face in the coming days. His experience and knowledge gave us confidence and set a positive tone for the trek.

Day 2: Shitkadi to Nichinai

Our first day of trekking took us from Shitkadi to Nichinai, gaining an altitude of 3,000 feet. The trail was a mix of lush green meadows, gurgling streams, and dense forests. As we ascended, the landscape gradually transformed, revealing breathtaking views that made the effort worthwhile. The camaraderie within our group, which mainly consisted of doctors, began to build as we supported each other through the day's challenges.

Day 3: Nichinai to Vishansar Lake

The trek from Nichinai to Vishansar Lake was one of the most rewarding days. Covering a distance of 12 km and reaching an altitude of 12,000 feet, we were greeted by the mesmerizing Vishansar Lake. The turquoise waters, surrounded by towering peaks, were a sight to behold. The sense of achievement upon reaching this altitude was immense, and the beauty of the

lake left us all in awe.

Day 4: Vishansar Lake to Gadsar Lake via Gadsar Pass

On the fourth day, we trekked 14 km from Vishansar Lake to Gadsar Lake, crossing the Gadsar Pass. This was one of the most challenging days, as the ascent to the pass was steep and taxing. However, the views from the pass were nothing short of spectacular. Gadsar Lake, often referred to as the "Lake of Flowers," was equally enchanting, with its serene surroundings and crystal-clear wa-



ters.

Day 5: Gadsar to Satsar

The journey from Gadsar to Satsar covered 9 km and took us through varied terrain, including rocky paths, meadows, and forests. Satsar is a group of seven interconnected lakes, each more beautiful than the last. The tranquility of the area, combined with the stunning reflections in the water, made this day one of the most peaceful of the trek.

Day 6: Satsar to Gangabal Twin Lakes via Zaj Pass

Our penultimate day involved trekking 11 km from Satsar to the Gangabal Twin Lakes via the Zaj Pass. The pass tested our endurance with its steep ascent, but

reaching the top was incredibly rewarding. The Gangabal Twin Lakes, nestled at the base of the Harmukh Peak, were the perfect place to unwind after a challenging day. The sight of the lakes reflecting the surrounding peaks was a picture-perfect moment.

Day 7: Gangabal to Naranag

The final leg of our trek was a 15 km descent from Gangabal to Naranag. Although the trek was coming to an end, the beauty of the trail kept our spirits high. The path was steep and required care-

I had the privilege to trek with. The group was mainly comprised of doctors, who were not only friendly and helpful but also became lifelong friends. Their support, combined with the expert guidance of Anup, made this trek a truly memorable experience.

Difficulty Level and Preparation

The KGL trek is not for the faint-hearted. It is a challenging trek that tests both physical and mental strength. The steep ascents, high altitudes, and long



ful navigation, but the sense of accomplishment upon reaching Naranag was overwhelming. We had completed the trek a day earlier than planned, without using the buffer day, which added to our sense of achievement.

The Beauty of the Kashmir Great Lakes

The KGL trek is a feast for the eyes. The pristine lakes, towering peaks, and lush meadows create a landscape that feels like something out of a dream. Every day brought new vistas and challenges, and the ever-changing scenery kept the trek exciting and invigorating.

The Trek Group

What made this trek even more special was the group of people

distances require a good level of fitness and preparation. I recommend regular cardio workouts, strength training, and some trekking experience before taking on this trek. Mental preparation is equally important, as the trek can be grueling at times.

Conclusion

The Kashmir Great Lakes trek is a journey that leaves an indelible mark on every trekker. The combination of natural beauty, physical challenge, and the bonds formed with fellow trekkers make it a once-in-a-lifetime experience. If you're looking for a trek that offers breathtaking landscapes and pushes your limits, the KGL trek should be at the top of your list.