



Active Dog Month

Did you know that April is Active Dog Month? That's right, it's a month created that's all about enjoying spring and getting active with your 'furry' best friend!

#ADVENTURE

All You Need To Know About The Kashmir Great Lakes Trek

This journey takes hikers through some of the most arresting landscapes imaginable, offering a glimpse into the Kashmir region's rich history, diverse biodiversity and unparalleled beauty.



The Kashmir Great Lakes Trek is a challenging six-day hike, spanning 75 kilometres in the Western Himalayas of Kashmir. On an average, the trek involves more than 12 kilometres of hiking per day.

Kashmir Great Lakes Trek

The Kashmir Great Lakes Trek is located in the northern Indian state of Jammu and Kashmir, which is often referred to as 'Paradise on Earth'.

Landscape & Biodiversity

The great trek stands out for its impressive array of wildlife and natural beauty. Trekkers will be surrounded by diverse flora and fauna, including rare species such as the Kashmir stag (Hangul), snow leopard, and black bear.

Places To See

Along the trek, hikers can witness places like Sonamarg, a beautiful hill station that serves as the starting point of the trek. It is known for its lush meadows and snow-capped peaks, which offer a picturesque view.



The acute problem was the profuse bleeding from the large scalp wound on the back of the head. One of the truck drivers' handed Sukriti a cotton scarf, which she wrapped around the head, and applied firm pressure.



Dr Goutam Sen CTVS Surgeon Traveller Storyteller

Citizen's Duty on Indian Highways

#EXPRESSWAY SENSE

The trip in about four hours. Sukriti's taxi was doing the same, when they saw a collection of people and a damaged car ahead, just as they were coming out of the rest area.

Fortunately, an orange jacket-clad person had also rushed from the rest area. He made sure that the regular traffic continued to move and no traffic jam took place.

Overturned trucks and delivery vans are the biggest targets of such action. The contents are looted.

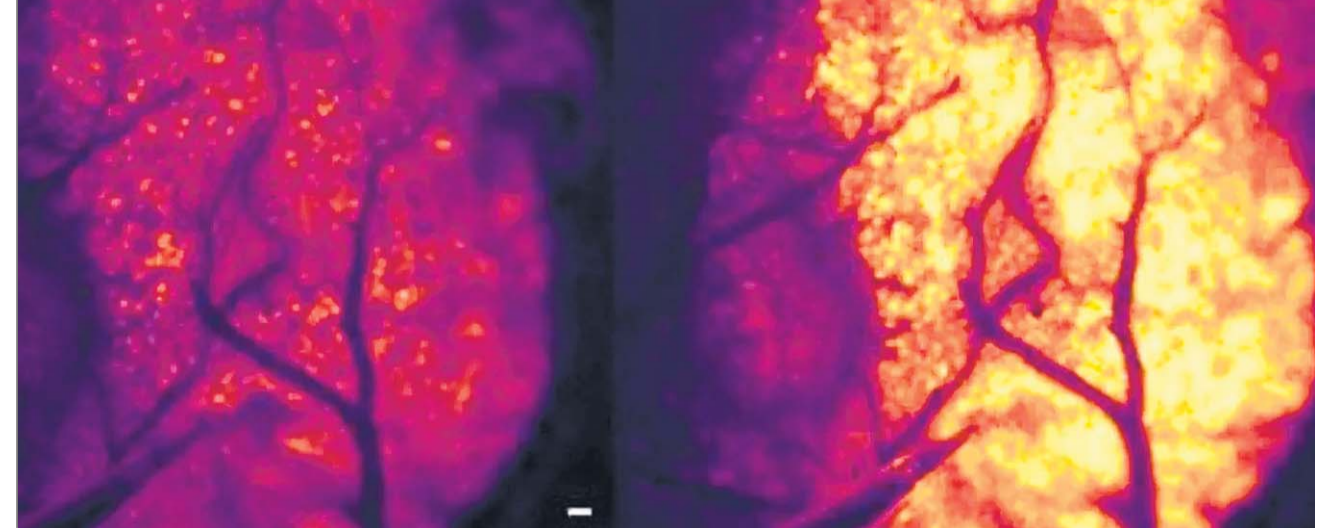
- Why had people, who had reached the accident site earlier, not helped the victims? What was the probable cause?
Is there a false modesty about attending to females?
Although there were half-a-dozen trucks parked on the roadside, why was a first aid kit not offered?

When should a video recording of the accident site be allowed? We asked Sukriti for the car number. She did not recall it and had not thought of recording it.

Road accidents, being the result of inter-play of multiple factors, multipronged measures are needed to reduce the number of accidents and fatalities.

Amongst the States, Tamil Nadu with 64,105 accidents (13.9%) recorded the highest number of road accidents in 2022 followed by Madhya Pradesh (54,432 i.e., 11.8%).

There is considerable underestimation of the power of the cars and the swerving that takes place at high speed due to road surface and even wind. This is grossly underestimated.



#TECHNOLOGY

Glowing Protein

We can monitor changes in oxygen concentration continuously and in a wide area of the brain

A new bioluminescence imaging technique has created highly detailed, and visually striking images of the movement of oxygen in the brains of mice.

The human brain consumes vast amounts of energy, which is almost exclusively generated from a form of 'metabolism' that requires oxygen.

The new method, which can be easily replicated by other labs, will enable researchers to more precisely study forms of hypoxia in the brain, such as the denial of oxygen to the brain that occurs during a stroke or heart attack.

months-long delay in the research. While Beinlich waited for a new batch from the manufacturer, he decided to move forward with the experiments to test and optimize the monitoring systems.

This question was not even being asked by researchers until the team in the Nedergaard lab began to look closely at the new recordings. While monitoring the mice, the researchers observed that specific tiny areas of the brain would go dark, sometimes for minutes, meaning that the oxygen supply was being cut off.

Oxygen is circulated throughout the brain via a vast network of arteries and smaller capillaries, or microvessels, which permeate brain tissue.

While existing oxygen monitoring techniques provide information about a very small area of the brain, the researchers were able to observe, in real time, a large section of the cortex of the mice. The intensity of the bioluminescence corresponded with the concentration of oxygen, which the researchers demonstrated by changing the amount of oxygen in the air which the animals were breathing.

The brain cannot survive long without oxygen, a concept demonstrated by the neurological damage, that quickly follows a stroke or

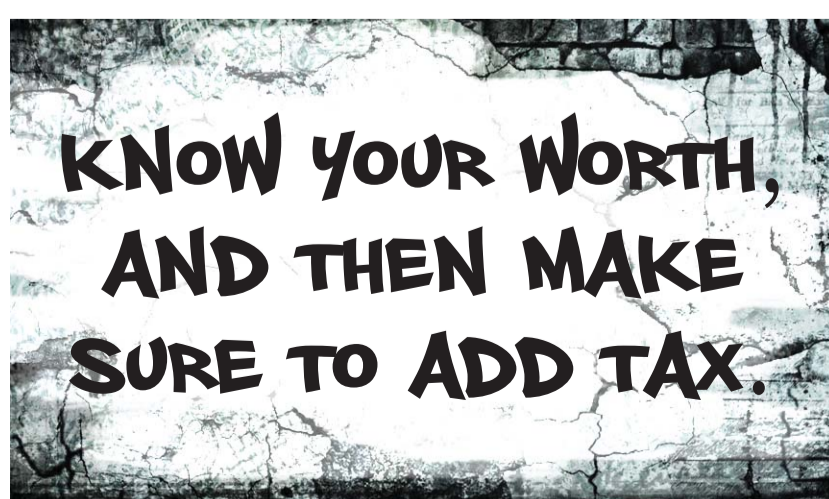
What should a first aid box contain?

- Bandages in various sizes and varieties, including compression bandage
Sterile Gauze Pads and Roll
Medical Tape
Scissors and Tweezers
Disposable Gloves
Antiseptic Wipes or Betadine
spray
Antiseptic and allergy creams
First Aid Instruction Booklet
Distiller water for cleaning
Emergency Blanket
Medication for pain or
Sterile Eye Wash Solution

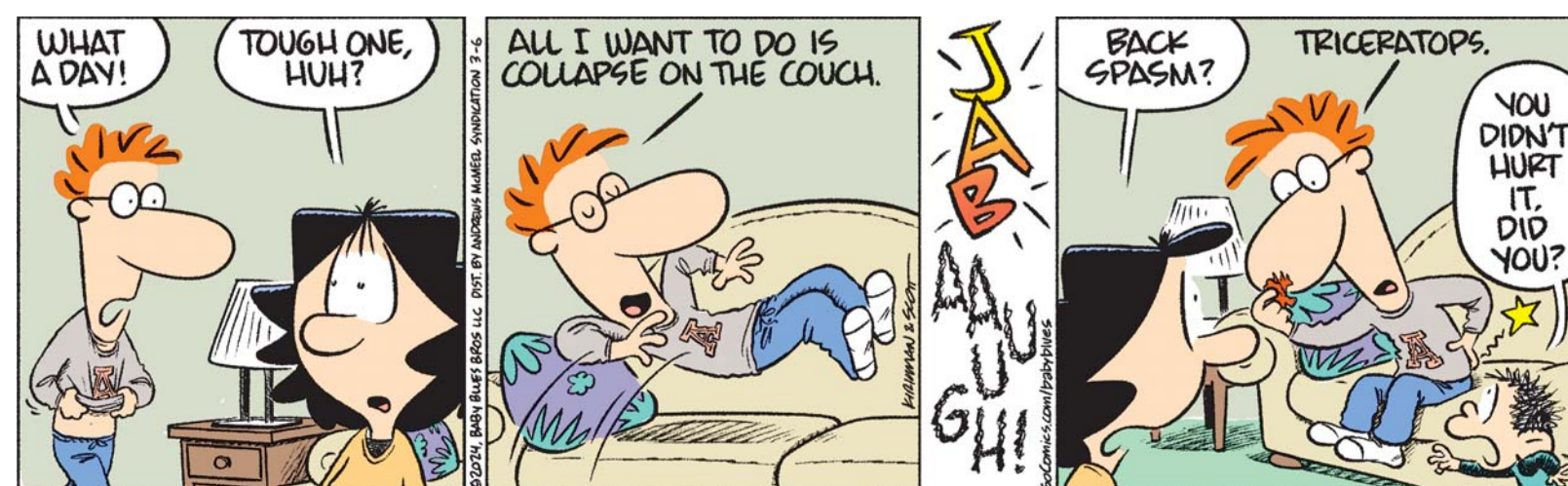


Essentially, it is important to be trained! Having the equipment but not knowing the use is stupid!

THE WALL

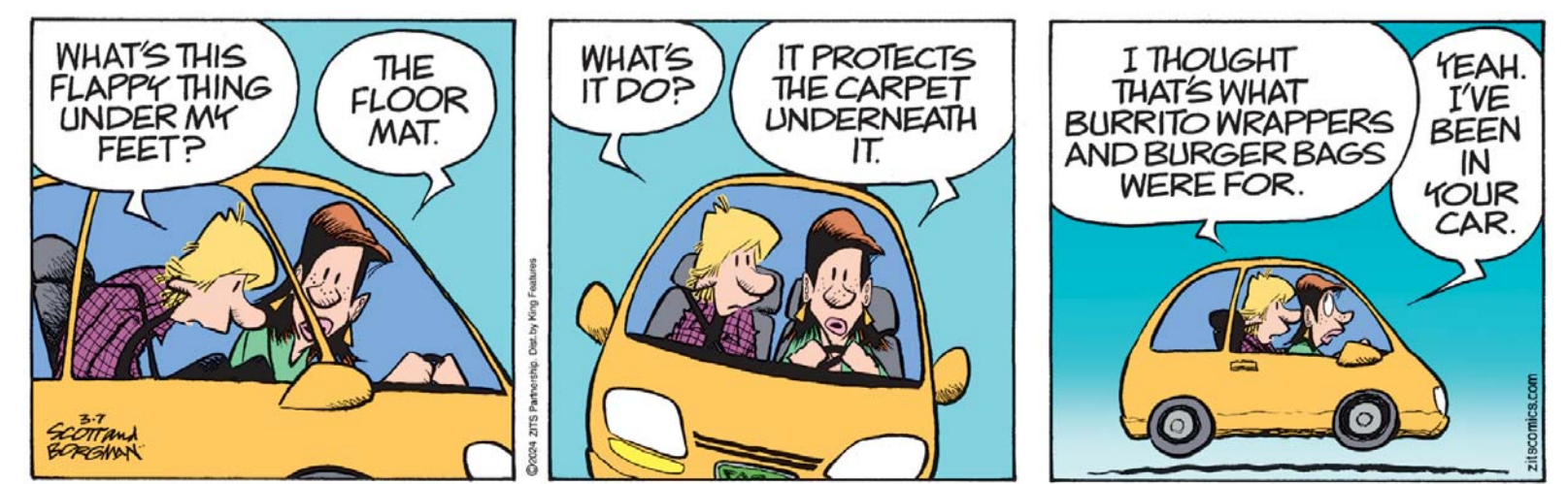


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman