

November 2021

IMAGINE

I am and I will- National Cancer Awareness Day



Introduction:

Cancer is a global disease and is spreading rapidly. Healthcare systems across the world are facing stiff challenges to tackle this issue. Today, more than half (65%) of cancer deaths are

happening in the least developed parts of the world. In India, the incidence of cancer is increasing rapidly; therefore, it is important to step up cancer literacy and knowledge amongst the population.

Cancer Awareness

Cancer awareness is the key to early detection and better health-seeking behaviour. Cancer is quite common in both developing as well as developed countries, but awareness is yet poor among the general population. Poor awareness may lead to poor uptake of screening modalities and delay in diagnosis.

The poor awareness level among the Indian population shows the need for health education and sensitisation regarding cancer and its different aspects. This will be helpful in the successful implementation of health programmes related to cancer. Delay in health-seeking is also attributed to factors such as illiteracy, financial constraints, as well as myths and superstitions along with

lack of awareness and this go hand-in-hand, most of the time.

Through investing in research and innovation, we have witnessed extraordinary breakthroughs in medicine, diagnostics, and scientific knowledge.

The more we know, the more progress we can make in reducing risk factors, increasing prevention and improving cancer diagnosis, prevention, treatment, and care.

In recent years, the United Nations, the World Health Organization and other UN agencies have recognised the urgent need for a global commitment to tackle this deadly disease.

Conclusion:

A plan for the diagnosis and treatment of cancer is a key component of any overall cancer control plan. Its main goal is to cure cancer patients or prolong their life considerably, ensuring a good quality of life. In order for a diagnosis and treatment programme to be effective, it must never be developed in isolation. It needs to be linked to an early detection programme so that cases are detected at an early stage, when treatment is more effective and there is a greater chance of cure. Through raising the public and political literacy and understanding around cancer, we reduce fear, increase understanding, dispel myths and misconceptions, and change behaviours and attitudes towards this disease.

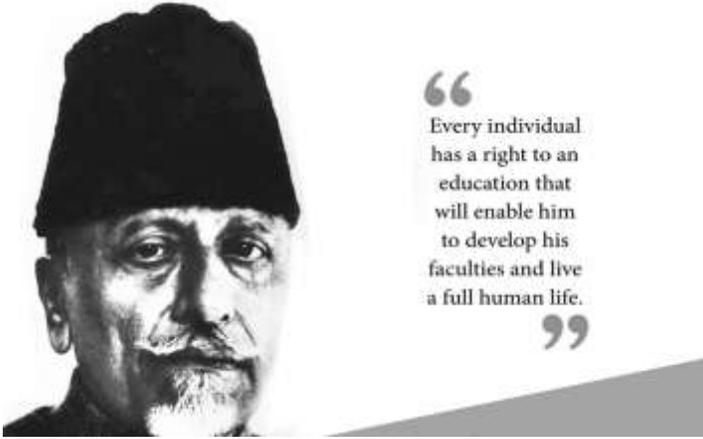


"Supporting the Fighters, Admiring the Survivors, Honoring the Taken, and never giving up on HOPE"

National Education Day

National Education Day

BIRTH ANNIVERSARY OF MAULANA ABUL KALAM AZAD



National Education Day is celebrated to commemorate the birth anniversary of India's first education minister Maulana Abul Kalam Azad. He was a key educationist who played an important role in developing the education system in independent India.

Maulana Abul Kalam Azad's original name was Muhiyuddin Ahmad. He was born on 11th November 1888 in Mecca, Saudi Arabia. Though he did not have much formal education, he gained skills in several languages including Urdu, English, Hindi, Arabic and Persian. Azad was a brilliant debater, as indicated by his name - "Abul Kalam" which literally means "Lord of Dialogues".

Azad was one of the prominent figures both in pre-and post-independent India. He was a freedom fighter, journalist, and reformer and committed to building a nation through education. He was a leader of the Indian National Congress and was elected as President of Congress in 1923 and 1940. Azad was one of the prominent figures both in pre-and post-independent India. Maulana Abul Kalam Azad passed away on February 22, 1958. He was awarded Bharat Ratna posthumously, India's highest civilian honour in 1992.

After the Independence of India in 1947, when he took over the ministry of education, which included science and culture, he presided over this ministry for a decade. In his tenure, he did tremendous work for the upliftment of the country.

Azad was keenly committed to education, culture and scientific and technical progress. He strongly advocated education for women and free and compulsory primary education for children up to the age of 14. He gave special stress on the education of women. He argued that it was important for two reasons: first, women need education as citizens of free India. Second, their education makes the task of educating the younger generation easy.

He appointed,

- The University Education Commission in 1948
- The Secondary Education Commission in 1952.
- A National Council for Rural Higher Education in 1956.

He recognized and established,

- All-India Council for Technical Education,
- The first IIT, School of Planning and Architecture and the University Grants Commission,
- The Indian Institute of Science (IIS),
- Indian Council for Cultural Relations (ICCR) to strengthen cultural relations between India and other countries,
- National Institute of Basic Education (NIBE) to provide advanced training and to conduct research,
- Central Bureau of Educational and Vocational Guidance (CBEVG) to promote research and training programs,
- All-India Council for Secondary Education (AICSE) was constituted to review the progress in the field of secondary education,
- The Central Institute of Education (CIE) to upgrade the teacher training programs)
- Central Bureau of Textbook (CBT)
- Library services were extended in various parts of the country.

He formed,

- Sahitya Academy for development of literature;
- Sangeet Natak Academy for the development of Indian music and dance;
- Lalit Kala Academy for the development of painting,

Azad occupies a key position in the educational, cultural and scientific development of modern India. At a crucial stage of the nation, he steered sectors such as education and culture and laid the foundation for a future network of scientific and technological institutions.

"We must not for a moment forget, it is a birthright of every individual to receive at least the basic education without which he cannot fully discharge his duties as a citizen."

World Milk Day is an international day established by the Food and Agriculture Organization (FAO) of the United Nations to recognize the importance of milk as a global food. It has been observed on June 1 each year since 2001. The day is intended to provide an



opportunity to bring attention to activities that are connected with the dairy sector. Dairy products are an inexpensive source of protein. They are a convenient source of calcium. In addition, they often taste good. These benefits of milk haven't changed.



Important of milk

Milk has various properties. It's packed with important nutrients like calcium, phosphorus, B vitamins, potassium and vitamin D. plus, it's an excellent source of protein. Drinking milk and dairy

products may prevent osteoporosis and bone fractures and even help you maintain a healthy weight.

Food allergies

About 2% of children are allergic to the protein in cow's milk. When they eat or drink milk products, they may develop hives, diarrhea, wheezing, or other allergic symptoms. These children need to avoid cow's milk product

Childrens' day - Level 1A

This Children's Day we celebrated the event with our children in campus. After a period of 18 months children enjoyed the day with the teachers and their friends under the classroom ambience. Little buds of Balsam were welcomed with blooming roses on the day. Stories

about the life of Jawaharlal Nehru were shared. Familiar songs and verses were sung as children hummed along. Our children have started narrating the stories of their imagination in beautiful language. We have children narrating them in English with eloquence. Imitating nature of early childhood children is evident when they converse with everyone articulately



'Children are like buds in a garden and should be carefully and lovingly nurtured, as they are the future of the nation and the citizens of tomorrow.' – Chacha Jawaharlal Nehru.

குழலிசையும் இனிமையில்லை!
யாழிசையும் இனிமையில்லை!
குழந்தைகளின் சொல்லிசையே இனிமையன்றோ!
மலைபோன்ற நம் கவலைகளை மறைத்துவிடும்
மாயத்திரை அவர்கள் மலர்முகத்தின் சிரிப்பன்றோ!
தவங்கள் பல செய்தாலும்
கிடைக்காத வரமன்றோ!
தரணியையே இயக்குவிக்கும்
தன்னிகரற்ற செல்வமன்றோ!

குழந்தைகள் தினம்

நாளைய உலகை ஆளப்போகும் இன்றைய குழந்தைகளைக் கொண்டாடவும் அவர்களுக்குத் தேவையான கல்வி, உரிமைகளைப் பெற்றுத் தரவுமே உலகம் முழுவதும் குழந்தைகள் தினம் கொண்டாடப்படுகிறது. நம் இந்தியத் திருநாட்டில் 'நவீன இந்தியாவின் சிற்பி' என்று அழைக்கப்படும் பண்டித ஜவஹர்லால் நேரு அவர்களின் பிறந்த நாளான நவம்பர் - 14 குழந்தைகள் தினமாகக் கொண்டாடப்படுகிறது.

“குழந்தைகள் தோட்டத்தில் உள்ள மொட்டுகள் போன்றவர்கள். அவர்கள் நம் தேசத்தின் எதிர்காலம் மற்றும் நாளை குடிமக்கள் என்பதால் கவனமாகவும் அன்பாகவும் வளர்க்கப்பட வேண்டும்.”

“இன்றைய குழந்தைகள்தான் நாளை இந்தியாவை உருவாக்குவார்கள்”

இவை நேரு அவர்களின் குழந்தைகள் குறித்த பொன்மொழிகள் நேரு, அவர்களுக்கு மலர்ந்திருக்கும், மனத்திற்கு இனிமை சேர்க்கும் இரண்டு விஷயங்கள் மிகவும் பிடிக்கும். ஒன்று

Diwali is the festival of Lights. It is being celebrated all over the world. The Word Diwali comes from the Sanskrit word “Dipawali”, which means “rows of lighted lamps”. Diwali symbolizes the spiritual “victory of the light over darkness, good over evil, and knowledge over ignorance”. Diwali is celebrated, with earthen lamps and artificial lights illuminating the place.

According to the Skanda Purana, the earthen lamps or the Diyas symbolize the Sun, describing it as the cosmic giver of light and energy. According to Hindu Mythology, Diwali has been observed as the day when Lord Rama completed his exile of fourteen years and returned to Ayodhya with his wife Sita and Hanuman after defeating Ravana. The People of Ayodhya celebrated the return of their rule by lighting up the way to his home with Diyas. The entire city was



ரோஜா. இன்னொன்று ரோஜாவின் இதழ்களைப் போன்று மென்மையான மனம் படைத்த குழந்தைகள்.

குழந்தைகள் நலனைக் கொண்டாடும் நம் பால்சம் பள்ளி குழந்தைகள் தினத்தை மிக சிறப்பான ஓர் தினமாகக் கொண்டாடியது. பள்ளித்தலைமையின் வாழ்த்துகளோடு அன்றைய நாள் தொடங்கியது. குழந்தைகள் ரோஜா மலர்கள் கொடுத்து வரவேற்கப்பட்டார்கள். அவர்கள் தத்தம் வகுப்புகளில் காணொளிக் காட்சிகள் கண்டு ஆடவும் பாடவும் உற்சாகப்படுத்தப்பட்டனர். அவர்களின் மகிழ்ச்சியை மேலும் அதிகப்படுத்த உள் விளையாட்டுகள், வெளிப்புற விளையாட்டுகள், நண்பர்களைப் பற்றி உரையாடுதல், மனதிற்கு மகிழ்ச்சியளிக்கும் செயல்பாடுகள் என அன்று அவர்களுக்கான நாளாகவே இருந்தது. குழந்தைகளுடன் இணைந்து ஆசிரியர்களும் குழந்தைகளாகவே மாறி கொண்டாட்டங்களில் ஈடுபட்டனர். பள்ளி முழுதும் புத்தொளி பெற்றது போல் இருந்தது எம் குழந்தைகளின் மலர்ந்த ஒளிமுகத்தால். பள்ளி முழுவதும் இனிய கானம் இசைத்தது எம் மழலைகளின் சிரிப்பொலியால். அவர்களின் எண்ணங்களில் வண்ணங்களாய் என்றென்றும் இந்த குழந்தைகள் தின விழா பதிந்திருக்கும் காலங்கள் கடந்தாலும்!

illuminated with lights to welcome the ruler and his wife. For many people, Diwali honours the

Hindu goddess of wealth, Lakshmi. The Lights and lamps bring prosperity in the year to come. In span festival of lights has become the festival of crackers, posing a threat to the environment, as a replacement, we can decorate the places with shining and beautiful ‘Diyas’ that spread enlightenment, prosperity, success, wealth, happiness as well as better health.

The city of Leicester in the United Kingdom holds the largest Diwali celebrations outside India.

Every year, tens of thousands of people gather in the streets to enjoy the shows of light, music, and dancing! Hoping this Diwali brings health, Wealth and Happiness. Diwali is the festival of Lights. It is been celebrated all over the world. The Word Diwali comes from the Sanskrit word “Dipawali”, which means “rows of lighted lamps”. Diwali symbolizes the spiritual “victory of the light over darkness, good over evil, and knowledge over ignorance”. Diwali is celebrated with earthen lamps and artificial lights illuminating up the place.

“You have to find what sparks a light in you so that you in your own way can illuminate the world.” — Oprah Winfrey