

Teachers' Corner

Cancer: Overview, Causes

Cancer occurs from a sequence of molecular processes that basically change the normal characteristics of cells and also change the activity of cell cycle regulator systems, which causes uncontrolled cell division. Because of uncontrolled signalling pathways, cancer cells can replicate and develop new properties, like changes in cell shape, cell adhesion breaks down, and expression of new proteins. These changes enable the tumor cells to spread and invade neighbouring tissues. The unusual characteristics in cancer cells generally happen because of the multiple genetic mutations, unregulated signalling pathways which control cell division, DNA repair and apoptosis. That's why it is often described as a disease of the genome. Mutations start to rise in the cell, causing further unusual changes in that cell and the daughter cells and often form into a cluster of cells known as a tumor. Cancer can initiate in any place in the body. There are different forms of cancer: solid tumor and liquid tumor. Solid tumors are the most common type. Leukemia and myeloma are known as liquid tumors, which grow in the body fluids (blood, bone marrow) and spread through other cells.

Tumors come in two forms: benign tumors and malignant tumors. If the cancer cells continue growing in their initial location, they are called benign which are not cancerous and do not grow and invade neighbouring cells/tissues. Benign tumors are usually not deadly. However, malignant tumors can grow, invade neighbouring cells and spread. The process whereby malignant cells form new tumor in distant sites by shifting from the initial tumor's position is called metastasis tumor.

There are nearly hundred types of cancers, which are commonly grouped by the origin of the cells except malignant cancer, which can happen in all types of cells or organs. Causes of Cancer:

It is assessed that only 5% to 10% of cancer are caused by genetic inheritance and the rest 90-95% by environmental issues. These are including smoking, junk food diet, alcohol, X-rays, UV light, pollution, infections, mental stress, obesity, and physical inactivity. It is assessed that almost 25-30% are because of tobacco, 30-35% are caused by unhealthy diet and 15-20% are caused by infections and the rest are due to mental strain, physical inactiveness and pollution. Global study estimated that approximately 20% human cancers are triggered by infections. There are various infectious organisms like specific bacteria, viruses and parasites which are responsible for specific types of cancer. Many viruses infect humans but DNA viruses and retro-viruses are mainly known to cause human cancer, which are a type of RNA virus.

Lidia Hossain
Assist. Teacher

Students' Corner

Artificial Intelligence

There are two most well known artificial intelligence forms. These are 'Alexa' and 'Siri'. There are many robots which run on artificial intelligence. The names of some of the robots which run on artificial intelligence are Sophia, Ameca, Altas, Nadine and many more. Some scientists say that Artificial Intelligence is very dangerous for the humans but on the other side some scientists suggest that Artificial Intelligence is more powerful than our human brain and is useful. Sophia, the most famous AI Robot said that they will destroy humans. But the funny thing is the robot Sophia can't run without Wifi!

Aryan
Class 7

Parents' Corner

About School

I am impressed with your curriculum and teaching methods, which are different from other schools. Well planned worksheets for practice makes my son think beyond prescribed textbooks. Weekly assessments conducted in the school are really helpful to the children.

I like to thank the management of the school for the endless efforts.

Co-curricular activities like music, sports, karate, yoga organized by the school have helped my son to develop confidence and overcome stage fear. We are proud to be a part of this institution.

Mrs. Suma P

Festivals - Time to Share and Celebrate

It is a great feeling when we are in the middle of series of festivals. Gowri Ganesha is just behind us. Dasara will soon be here and immediately after, it will be Diwali!

Why are festivals fun and exciting? For so many reasons you will say. Firstly, new clothes. More than buying them, the activity of going to the shop or to the mall, being in the midst of fancy and bright lights and trying all the clothes on the floor. Selection is a difficult job because you are never happy with of them! Finally you make a selection because your mother or brother or sister tell you that you look good in that dress. We buy because we want to look good, right?

Next, festive food is what makes the festival special. Like Christmas is special for the cake, Ganesha for the "Kadubu" and Eid is for "Sheer Khurma", every festival is a special time to savour the traditional recipes. There is so much joy in making as there is in eating. The best part is when guests come home to greet and to bless. We too go and visit our relatives and friends, sometimes away from the city also. Festivals are a great time for friends and family to connect and share happiness and other experiences. We all have our favourite uncles and aunts, who tell good stories and make us laugh without end, isn't it?

And then there is Antakshari, the game of singing songs. Don't you wonder how you forget songs beginning with "Sa" or "Ra"? The spirit of

competition is intense and you want your team to win at all costs! Amidst the singing, someone takes to dancing and the rest follow.

Such moments make the occasions memorable. Whether it is Ganesha idol or Durga Puja pandal, the atmosphere will be just as vibrant. We forget ourselves and get immersed in the celebration.



In the middle of all this, have you ever thought of the less privileged, children of your age who could not afford to celebrate like the way you are doing? Look around, and will find many such who yearn to have fun and frolic like others. But for various reasons, they cannot celebrate. In our moments of joy, we should be aware of others' conditions.

Reach out. Reach out to someone who can feel better with your smile, with your presence, your food, whatever. When you reach out, you are conveying the message that none of us is alone. Together we celebrate. We are all part of one big family: "Vasudaiva Kutumbakam".

There is an old saying: When we share our joy, the joy becomes many times bigger.

So, if you have a box of sweets, go out and share with someone who didn't have a meal. When you are bursting crackers, give some to the kid on the road, who does not have any.

Festivals can indeed be the time that we learn to live better, by sharing and connecting.

Inside

Re-Opening of School Orientation Programme Clubs Inauguration World Environment Day
Anti-Child Labour Day International Yoga Day and Music Day Parents Orientation School Election
National Doctors' Day International Plastic Bag-Free Day Students' Talents Day World
Population Day Founder's Day Celebration Guru Purnima Celebration Kargil Vijay Diwas
World's Nature Conservation Day Teachers' Corner Students' Corner Parents' Corner

From the Principal's Desk

Importance of Reading

Reading increases your vocabulary and comprehension skills. Reading strengthens your brain, helps you widen your vocabulary and aids in your ability to comprehend information.

- Reduces stress
- Helps you prepare to sleep
- Prevents cognitive decline
- Might even help you live longer

So children - read, read and read and improve your skills.



Re-Opening of School 24 May

May is a month where all educational institutions re-open their doors to welcome children to the garden of knowledge.

MEC Public School ICSE welcomed children on 24th May 2023 with great enthusiasm. Teachers of MEC Public School ICSE welcomed the students with love and affection to make them ready for the academic year 2023-24.



Orientation Programme 29 May

Orientation programme for students was held on 29th May, 2023 to inculcate the discipline, responsibilities and oneness among the children.

Clubs' Inauguration 3 June

The first event of this year was club inauguration, where all the group students along with teachers planned the activities for the whole year. Clubs were inaugurated by Dr. S. K. Tripathi, Director Operations and Mrs. Anuradha K, Principal of MEC Public School ICSE, on 3rd June 2023. The rainbow of MEC, i.e., the 7 clubs, viz., Sadbhavana, Literary, Humanities and Echo, Fine Arts, Science & Math, Sports and Techno club were inaugurated with lots of activities which motivate students to participate in all the competitions, will be conducted by the respective clubs.



World Environment Day 5 June

World environment day was celebrated on 5th June 2023 by making the students to identify the medicinal plants, flowering plants and fruit bearing plants in our school campus. Students were given some questions to answer through which their minds were ignited to start protecting the environment by not using plastics, not wasting the water, not tearing paper etc.



Anti-Child Labour Day 12 June

Anti-Child Labour Day was observed on 12th June 2023 in the school assembly. Students of Grade 9 - Dhanush, Ghyan, Harshith Prakash, Nayan and Manoj played a skit which depicted the fundamental rights of a child. Charts were also displayed on "No Child Labour".



International Yoga Day & Music Day 21 June

International Yoga Day and Music Day were observed with great zeal by the students of our school on 21st June 2023. Students briefed about the importance of music and yoga.

Students sung songs composed by Sri Thyagarajaru and Sri Purandaradasaru.

Our Nursery tiny tots and all the students performed Surya Namaskara and some Yogasanas by mentioning the benefits of asanas.



Parents' Orientation 24 June

Parents' Orientation programme was conducted on 24th June 2023. The programme was inaugurated by Dr. Vidya C, Secretary of MEC Institutions, and Dr. Ganesh Bhatt, Director - Academics.

Parents were briefed about our school founders, our school's motto, uniform, timings of the school, curriculum followed and activities conducted in the school.



School Election 30 June

School election was conducted on 30th June 2023 in a systematic manner. The election was conducted not only for electing the school leader but also to impart the knowledge about elections held in the country. We can say it as a model of election commission under the guidance of social teacher and co-ordinator Mrs. Madhu S Deshpande. The following teachers were assigned the work as:

- Chief Election Commissioner: Mrs. Anuradha K, Principal, MEC Public School ICSE
- Presiding Officer: Mr. Akshay Bhat
- Booth Officers: Mrs. Pankaja, Mrs. Mamatha, Mrs. Reena, Mrs. Suma and Mrs. Lidia



National Doctors' Day 1 July

To acknowledge the contribution and to honour our saviours' effort, National Doctors' Day was celebrated on 1st July 2023. The occasion commemorates the spirit of doctors across the globe who work day and night to ensure well-being of patients. So, as a token of gratitude, all the students celebrated the day in various ways. Students of Class 5 played a role of doctor in a skit, they talked about Doctors' kit, healthy habits, personal hygiene etc. Through this activity child learns importance of healthcare.



International Plastic Bag-Free Day

3 July

International Plastic Bag-Free Day was celebrated on 3rd July 2023. It is intended to increase public awareness of the damaging effects that single-use plastic bags have on the environment. Students of Classes 7, 8 and 9 celebrated the International Plastic Bag-Free Day on 5th July 2023. Students pledged to save our environment by spreading the awareness of helping our planet breathe better by taking up activities like making paper bags and reusing cloth bags instead of buying plastic bags.





Students' Talents Day **26 July** *Talent's day celebration at MEC Public School*

"All of us do not have equal talent. But, all of us have an equal opportunity to develop our talents." - APJ Abdul Kalam

To unravel the hidden talents of our young blooming artists, we conducted "Talents Day" on 26th July 2023. The competitions included dancing, singing, acting and 'Show and Tell' categories. It was a spectacular event where children showcased their talents with great enthusiasm and zeal. Children came well prepared to exhibit their vibrant talents like singing, dancing, acting etc. The viewers were spellbound by the performances of the students.



World Population Day **11 July**

World Population Day is a great event being celebrated all through the world annually on 11th July. It is celebrated to increase the awareness of the people towards the worldwide population issues. It was first started in the year 1989 by the Governing Council of the United Nations Development Programme (UNDP).

MEC Public School ICSE celebrated the World Population Day on 11 July by organizing varieties of activities like poster making, speaking about the day, to draw attention of mass people to work together on the issues of growing population.



Founder's Day Celebration **12 July**

Founders' Day is traditionally a very important day in the school calendar when members of the school community meet to commemorate the ones who founded the school and those who have contributed resources to its development. The Founder's Day was celebrated with great enthusiasm in our school on 12th July 2023. An atmosphere of celebration filled our school as the students and the entire staff gathered to celebrate the Founder's Day which marked the vicennial year of the school.

The programme began with the introduction by Dr. Vidya C, Hon'ble Secretary accompanied by Director Operations, Dr. S. K. Tripathi, and Director Academics, Dr. Ganesh Bhatt and Principal Mrs. Anuradha K. This was followed by seeking of God's blessings with a prayer song by the school choir group followed by school anthem. Dr. Vidya C spoke about all those who helped in the growth of the institution and thanked them for their unfailing support. The program was concluded with dance and Yoga performances by students.



Guru Purnima Celebration **13 July**

"There will be no darkness in your life when there is the ray of light of your blessings and teachings."

The word 'guru' comes from the two Sanskrit words 'gu'+ 'ru'. Gu' means ignorance or darkness and 'ru' means the removal of darkness.

Guru Purnima as the name suggests is the day dedicated to our teachers and gurus. The day is celebrated by expressing gratitude and love for our teachers. Students of Grade 6 to 9 celebrated the same on the 13th July with full zeal.

Students gave speeches and made a poster exhibiting the importance of Gurus in our lives and the essence of Guru Purnima.



Kargil Vijay Diwas **26 July**

To commemorate Kargil Vijay Diwas, the students of Classes 6-9 participated in various activities on 26 July 2023, to pay their heartfelt homage to the martyrs of Indian Armed Forces, who sacrificed their lives and won the war at Kargil on 26 July 1999. It was done by lighting the candles with the view to salute the real heroes of the nation and inspire the students for a patriotic cause.

Activities like singing, dancing and poster making were conducted, in order to instil a sense of patriotism in the students, apart from honing their creativity and imagination. We salute and bow down to our heroes, who leave their comfort and families, put their lives on the front line to make sure the rest of the nation stays safe, sound and in peace.

World's Nature Conservation Day **28 July**

MEC Public School celebrated World Nature Conservation Day on 28th July 2023. The aim was to propagate awareness amongst our children of the importance of nurturing our nature for a promising and better future. After all, a small group of thoughtful, committed responsible little citizens can change the world.

Activities like slogan writing, poster making and speeches were organized. All the activities reflected the touch of love, care, compassion and responsibility with which we must nurture our "Mother Nature".



Christmas