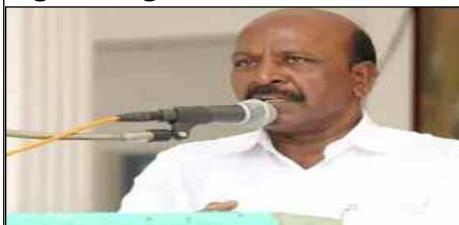
India's first free cancer vaccination programme for girls aged 1-14 in TN soon: Minister Subramanian



to script a national milestone by becoming the first state in India to roll out a free cancer gramme for girls aged between one and 14 years, state Health and Family Minister

Tamil Nadu is poised Subramanian announced on Sunday. Speaking at the 16th mark annual breast cancer awareness walkathon, Nambikkai' (One Step, Welfare Chennai, the Minister provide the cancer-pre-

ment has allocated Rs 38 crore for the landpreventive

healthcare initiative. "The tender process titled 'Oru Nadai Oru has been completed. Once launched, Tamil One Hope), held at Nadu will be the first Island Grounds in state in the country to Ma. said the State govern- ventive vaccine entireaged one to fourteen," Subramanian noted Minister said, that the former had adding that the initiainspected the Adyar tive would set a preceestuary for the second dent for similar projconsecutive day, as ects across India. part of the state's floodpreparedness efforts.

awareness.

He also emphasised the growing importance of "I myself walked 13 lifestyle and physical kilometres this mornfitness in preventing ing," he added, undercancer. scoring the event's "Scientific studies have theme of fitness and

proven that those who walk or run daily face a significantly lower risk of developing cancer. Regular exercise is one of the most effective preventive measures," he said.

Highlighting Chief Minister M. K. Stalin's personal commitment to public health and

immunity and public safety. "With such sustained

health initiatives Tamil Nadu continues to lead India in ensuring every citizen's right to a healthy life," Subramanian remarked.

drew over 500 participants, including actress Sanchita Shetty, cancer survivors, students. volunteers. Participants carried placards urging early screening, fitness, and healthy living - reinforcing Tamil Nadu's growing reputation as a pioneer in preventive public health.

awareness-building and sup-

port campaign. Lung cancer

is often diagnosed at

advanced stages, where

treatment options are more

limited, so early screening

awareness is critical. The

observance encourages peo-

ple, especially those at high-

er risk, to get screened, learn

the symptoms, and adopt

lifestyle changes that can

Additionally, Lung Cancer Awareness Month helps to

fight the stigma associated

with the disease. Many asso-

ciate lung cancer primarily

with smoking, yet the dis-

ease affects non-smokers as

Tips to reduce the risk of

Quitting smoking at any age

can significantly reduce lung cancer risk. Nicotine

counselling, and support

groups can assist in quitting.

Exposure Radon, a naturally

occurring radioactive gas,

can build up in homes and

workplaces and is a major

cause of lung cancer among

Certain chemicals, such as

asbestos and diesel exhaust,

are known to increase lung

vitamins, and minerals helps

to protect the body from

Aim for at least 150 minutes

of moderate exercise each

week, such as brisk walking

Limiting alcohol consump-

tion can contribute to lower

While avoiding air pollution

completely isn't possible,

limiting outdoor activities

on days with high pollution

levels and using air purifiers

A family history of lung

cancer can elevate your risk.

Being aware of this risk fac-

tor allows you to take pre-

By adopting these preven-

tive measures and making

lifestyle changes, individu-

als can help reduce their

lung cancer risk and con-

tribute to the goals of Lung

Cancer Awareness Month in

promoting a healthier, well-

we discuss these benefits.

How can sweet potatoes

informed community.

therapies,

their

reduce

lung cancer

replacement

non-smokers.

cancer risk.

or cycling.

cancer risk

indoors can help.

ventive steps.

cancer.

A diet high in

after two decades. Precautionary vaccination drives, he said, were already underway

Lung Cancer Awareness

Month is observed each

November to raise aware-

ness about lung cancer, pro-

mote screening, and support

ongoing research and advo-

cacy. Organised by various

organisations worldwide, it

serves as a platform to

inform people about lung

cancer's risk factors, symp-

toms, and treatment options.

Lung Cancer Awareness Month

2025: Theme, History, Significance

& Tips To Reduce Risk

The Minister also

revealed that six dis-

tricts in Tamil Nadu

had been placed on

alert following reports

of a possible global

resurgence of polio

The awareness event India's education system is witnessing a transfor mative shift, blending traditional values with modern innovations. Policies like NEP and RTE

> skill-building, and emotional well-being. The Indian education landscape has undergone profound changes, driven by progressive policies and a growing emphasis on holistic learning From democratising access to quality education through the Right to Education (RTE) Act to implementing the transformative National Education Policy (NEP), the sector has made significant strides in inclusivity and innovation Today, education not only caters to academic excellence but also fosters partnerships between parents and schools, creating a robust support system for students.

have redefined learning, emphasising inclusivity

EDUCATION PLUS

How are Indian schools

addressing digital literacy and

mental health challenges?

Adapting to these changes, schools have embraced a forward-thinking approach while preserving core values.

The essence of a strong education system lies in nurturing curiosity and critical thinking, equipping students with the tools to navigate an unpredictable future. Recognising this, schools are focusing on imparting skills for a world shaped by emerging technologies.

Early exposure to fields like artificial intelligence, data science, and digital innovations prepares students for challenges that await them 10–15 years down the line.

India's education system is evolving, blending tradition with modern innovations. India Today spoke with Praneet Mungali, Trustee, Sanskriti Group of Schools, Pune, to explore these changes.

INNOVATION TEACHING ENGAGED FUTURE

Modern education demands more than rote learning; it requires engagement, relevance, and emotional connection. Schools have risen to this challenge by incorporating Social Emotional Learning (SEL) into their teaching methodologies. SEL blends seamlessly into subjects like history, science, and mathematics, making lessons more relatable and impactful.

For instance, students might role-play historical figures to explore their motivations or engage in peer interviews to discuss contemporary issues. Group projects encourage collaboration, as stu dents learn to allocate roles and work towards shared goals, fostering both teamwork and empa-

VALUES AT THE HEART OF EDUCATION

'In an era dominated by rapid technological and societal changes, schools are emphasising the importance of values. Striking a balance between personal fulfillment and material success, the curriculum is designed to nurture emotionally resilient individuals. Central to this framework is the concept of Vivek he ability to discern right from wrong," said Praneet Mungali, Trustee, Sanskriti Group of Schools, Pune.

This timeless skill is woven into daily learning guiding students towards becoming morally upright and emotionally balanced adults.

ADDRESSING CONTEMPORARY CHAL

As the education landscape evolves, schools are actively addressing pressing challenges such as digital literacy, curriculum adaptability, and mental health. Frequent workshops by experts on cyber safety ensure students are equipped to navigate the digital world responsibly. In-house AI coaches provide hands-on experiences, helping children embrace technology early on.

"Mental health, a cornerstone of student wellbeing, is prioritised through structured SEL programmes. These programmes equip students with the tools to manage emotions, build meaningful relationships, and express empathy. By fostering emotional intelligence, schools lay the foundation for happy, well-adjusted individuals who can thrive in any environment," said he further added.

As India continues to redefine education, the focus remains on creating a generation of learners who are curious, compassionate, and competent. By integrating innovation with tradition schools are shaping a future where students not only succeed academically but also contribute meaningfully to society. The transformation of education is not just about adapting to change but leading it with vision and purpose.

Vijay GarG, Retired principal Educational Columnist Street kour Chand MHR Malout Punjab

Are Vitamins Actually Harming Your **Body? Nutritionist Explains How**

health. Pooja Makhija, author of the best-selling book Eat Delete and celebrity nutritionist, recently shared a video addressing whether vitamin intake on a regular basis harms the body. She also explains what happens when you don't drink water in a proper quantity, highlighting a few unique nutritional hacks to deal with the situation. In the clip, she asks, "Are your vitamins actually harming your body?" further adding, "Well, without enough water, they just might be. Let me explain why. Having ample water with your vitamins is not an option. It is crucial for your health."

As per Pooja Makhija, these are the major probsumption of water along

with vitamins: She says, "A cereal dose of vitamins requires anywhere between 250-300 ml of water- a regular glass of water. But if you are having multiple vitamins at one time, you may require anywhere between 350-400 ml of water to absorb them effectively. '

According to the nutritionist, water-soluble vitamins such as B-complex and Vitamin C require water for optimal absorption into the intestine. She then cites the

American Journal of Clinical Nutrition and shares, "A study showed that when you drink less water, it affects the rate of absorption and also may call oesophageal irrita-

lems related to the con- Another study published ber that!'



Review found that taking iron and calcium or taking vitamins with less water irritates the stomach and may also cause constipa-

In Pooja Makhija's words: "Now, while fat-soluble vitamins do require a fatty diet to be absorbed, they also require water to transport to the digestive system. When you drink less water, it causes gastrointestinal discomfort and fishy burps—remem-

time you take your vitawith just a sip of water. Drink ample water, and don't skimp on the quantiwithout enough water can lead to poor absorption,

stomach irritation, or worse-completely wasted benefits. Remember: Hydration isn't just about quenching thirst—it's about helping your body work smarter, not harder," she writes in the video's

The 2025 theme for Lung Cancer Awareness Month is 'Stronger Together: United for Lung Cancer Awareness." This theme emphasises the vital role of community support and collaboration in the fight against lung cancer.

Lung Cancer Awareness Month was officially recognised in the early 2000s, driven by organisations such as the American Lung Association and the Lung Cancer Foundation of America. Advocacy groups and medical professionals pushed for greater attention to lung cancer, a disease often overshadowed by types of cancer. Originally a week-long observance, it expanded to a full month as awareness grew, allowing for a more comprehensive approach to public education and policy advocacy. The movement gained momentum as survivors, advocates, and loved ones of those affected by lung cancer united to reduce the stigma associated with the disease and to call for increased funding research.

The significance of Lung

Through various events, social media campaigns, and mins, don't take them outreach programs, the month emphasises the importance of early detection, which significantly increases survival rates. As ty." "Taking vitamins one of the most common cancers globally, lung cancer affects millions of individuals and families, and Lung Cancer Awareness Month brings these people together in a collective fight against the disease.

JP Nadda launches vigilance week, urges citizens to make it institutional habit



figilance is an institutional habit, said Health Minister JP Nadda on Monday, while launching the 'Vigilance Awareness Week 2025'. The 'Vigilance Awareness Week' is being observed across the country from October 27 to November 2 with the theme -- 'Vigilance: Our Shared Responsibility'.

The observance aims to promote integrity, transparency, and accountability in public life, as well as fight corruption and unethical practices collectively as a society. The awareness campaign is in accordance with the directives of the Central

Vigilance Commission (CVC) The Health Minister emphasised the importance of institutionalising ethical practices and building a culture of vigilance at every level of governance. He also administered and took the Integrity Pledge along with senior officers and staff of the Ministry.

"A checklist of do's and don'ts should be prepared in simple, layman's terms so that people do not end up doing anything wrong in good faith or under compassionate consideration," Nadda said. "Training and capacity building everyone remains aware and alert,' he added.

Celebrated annually in the last week of October to commemorate the birth anniversary of Sardar Vallabhbhai Patel (October 31), the initiative aims to foster greater public awareness about the importance of integrity, accountability, and ethical conduct in public life.

As a prelude to 'Vigilance Awareness Week 2025', the Central Vigilance Commission (CVC) had earlier in the month of August this year issued a circular advising all organisations to undertake a threemonth campaign on Preventive Vigilance from August 18 to November 17.

The campaign focused on five key areas namely, (i) Disposal of pending complaints (ii) Disposal of pending cases (iii) Capacity building programs (iv) Asset Management, and v) Digital initiatives.

Officials at the Ministry participated in the pledge ceremony and reaffirmed their commitment to upholding ethical values, transparency, and accountability in public service.

Significance

Cancer Awareness Month lies in its role as a powerful

their nutrient-rich profile

How Sweet Potatoes Support Heart Health and Anti-Cancer Properties

Support Heart Health and Anti-Cancer Properties Sweet potatoes are a heart-healthy and cancerprotective food due to their nutrient-rich profile Sweet potatoes are highly nutritious and beneficial for regular consumption due to their rich nutrient profile. They are an excellent source of dietary fibre, vitamins (notably vitamin A in the form of beta-carotene), potassium, and antioxidants, while being low in fat and calories. Regular

such as improved digestion, enhanced immune function, and better blood sugar regulation due to their low glycemic index. Along with these benefits, they have also seen to show benefits to heart health and have anti-cancer properties. Read on as we discuss these benefits. How can sweet potatoes support heart health?

Sweet potatoes are a heart-friendly food due to their rich nutrient profile that promotes cardiovascular well-being. One of consumption supports their standout compo- toes are an excellent

How Sweet Potatoes various health benefits, nents is potassium, a mineral essential for maintaining healthy blood pressure levels. Potassium works by balancing sodium levels in the body, reducing water retention, and relaxing blood vessel walls. This mechanism helps lower the risk of hypertension, a significant factor in heart disease. By replacing high-sodium foods with potassium-rich sweet potatoes, individuals can improve their cardiovascular health naturally. Additionally, sweet pota-

which plays a crucial role in reducing levels of LDL cholesterol referred to as "bad cholesterol"). High LDL levels can lead to plaque buildup in the arteries, increasing the risk of atherosclerosis and heart attacks. Fibre also improves overall lipid profiles, contributing to better heart health. How Sweet Potatoes

Support Heart Health and Anti-Cancer Properties Sweet potatoes are a heart-healthy and cancerprotective food due to

Sweet potatoes are highly nutritious and beneficial for regular consumption due to their rich nutrient profile. They are an excellent source of dietary fibre,

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