



The data indicates a significant increase in obesity rates among both adults and children. According to NFHS-5 (2019–21), more than 20% of adults living in urban areas are classified as overweight or obese. Furthermore, the obesity forecasting study based on the 2021 Global Burden of Disease (GBD) data, published in 2025 by The Lancet, projects that the number of overweight and obese adults in India will grow substantially—from 18 crore in 2021 to approximately 44.9 crore by 2050. This trend highlights the growing public health challenge posed by obesity in the country.

In view of these concerns, the school proposes to encourage students and parents to celebrate birthdays in a more meaningful and health-conscious manner by gifting a plant or a book instead of distributing sweets.

### **Key Benefits of the Initiative:**

- **Health First:** Reduces sugar and oil intake during school hours as .
- **Learning First:** Encourages reading habit and curiosity beyond textbooks, supporting NEP 2020's focus on experiential and lifelong learning.
- **Inclusivity:** Every student can participate equally, regardless of financial background.

### **How Will It Work?**

1. On the birthday, the student may bring \*one book OR one plant\* for the class.
2. The class teacher will record the gif in the \_Class Library/Plant Register\_.
3. A small “Birthday Reading Corner” or “Green Corner” will be created in each classroom to display these contribut ons.

We request you to support this healthy practice at home as well. Let us model for our children that celebration is about kindness, learning, and care — not about sugar.

We appreciate your cooperation in making The Orchid School a healthier and more conscious learning space. Together, we nurture not just academic excellence, but also physical and emotional well-being.

Sonali Khambete  
Vice Principal

Dr. Namrata Majhail  
Director Principal