



The Orchid School

Baner, Pune

Date: 09/06/26

Circular No.TOS/FRO/CIR/FS/26-27/13

Subject: Healthy Birthday Celebrations

Dear Parents and Students,

As we continue our commitment to the holistic well-being of every Orchidite, we are introducing a healthy and sustainable practice for birthday celebrations in school, effective immediately.

What is the initiative?

Gift a Plant/ a Book

This initiative is aligned with the CBSE circulars on "[Sugar Board](#)" and "[Oil Board](#)"* issued to raise awareness about the harmful effects of excessive sugar and unhealthy fats in children's diets. The aim is to reduce the risk of childhood obesity, diabetes, and lifestyle-related illnesses while fostering mindful eating habits.

We recommend you that instead of distributing toffees, chocolates, sweets, or packaged snacks on birthdays, students celebrate their birthdays by gifting their class one of the following:

- 1. A Book for the Class Library** – Age-appropriate storybook, non-fiction, or reference book. This builds a culture of reading and shared learning.
- 2. A Plant for the Classroom/Garden** – Small indoor plant, herb sapling, or seed packet. This promotes environmental responsibility and connects learning to nature.

Why this Initiative?

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 gift in the _Class Library/Plant Register_.
3. A small “Birthday Reading Corner” or “Green Corner” will be created in each classroom to display these contributions.

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