

Issue 40 March 2025

JPS EDGES

The Newsletter for 21st Century Schools Worldwide

Inside



Happenings & Achievements at JPS

Infocus



'Rise of lifestyle disorders : A growing crisis in India'

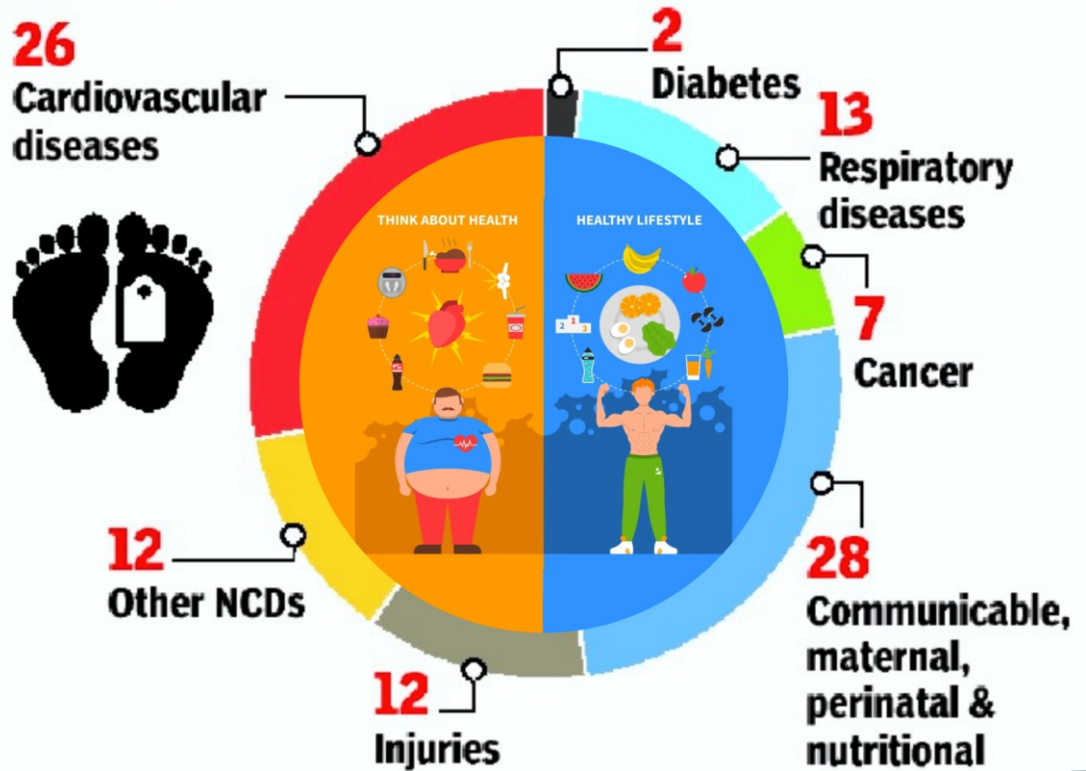


"Women's Day Celebration - 2025



KG Citation Ceremony

Lifestyle Diseases Health Risk for Indian



April 2025

Monthly Calendar



Central Board of Secondary Education
Committed to Equity and Excellence in Education



FUTURE OF LEADERSHIP INITIATIVE



LEADERSHIP INITIATIVES AT JPS



Academic Rigor. You Become an Academic Wizard



TEDX at JPS. You Become A Ted Speaker



National Cyber Resource Centre



Green School Program. You Become A Green Warrior



Leadership Integrated Curriculum Empowered Leaders!



ISA Accreditation. You Go Global



Google Certified. School You Become A Tech Genie!



SPACE Program. You Don't Touch The Skies, You Cross Them Way Beyond!



Excellence In Sports. You Break World Record



Get in touch with us at : www.jpsschennai.org

Welcome

ISSUE 40 March, 2025

“Greetings of the season to all our readers!”



- ★ In our pursuit of academic excellence and holistic development, it is equally important to shine a light on the health and well-being of our young minds and the community at large. The theme for this edition of our newsletter, "Rise of Lifestyle Disorders: A Growing Crisis in India," is both timely and thought-provoking.
- ★ As our country strides towards progress, we also face the unintended consequences of rapid urbanisation, sedentary habits, and dietary shifts. Lifestyle disorders such as obesity, diabetes, hypertension, and mental stress are no longer restricted to adults—they are increasingly affecting children and adolescents too. The crisis is real, and awareness is the first step toward change.
- ★ At Jain Public School, we believe education extends beyond textbooks. Through this issue, we aim to create awareness, spark meaningful conversations, and encourage every member of our community to embrace a healthier, more balanced lifestyle. Let us empower our children to make conscious choices—be it in food, physical activity, screen time, or emotional well-being.
- ★ I congratulate our students and teachers who have contributed to this issue with their insights, articles, and creative expressions. May this be a gentle reminder for all of us: Health is not just the absence of illness but a way of life.
- ★ We are always interested in hearing your views. We invite articles on the topic **'Shaping future leaders through holistic growth for Global competences'** for our next issue of the newsletter. If you have any comments about the newsletter, or if you'd like to tell us about what's happening at school, please email us at principal@jpschennai.org.



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Principal

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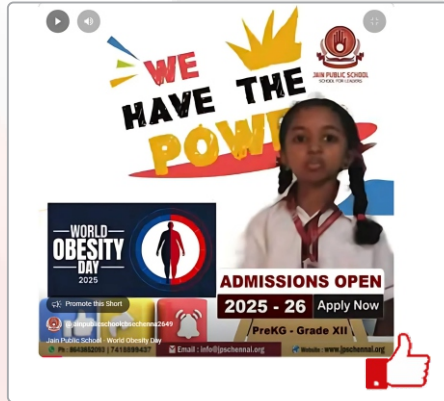
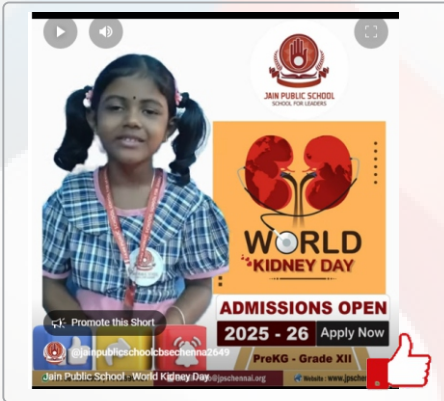
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YouTube Trends





INFOCUS

The Rise of Lifestyle Disorders: Growing Crises in India

An Urgent Call for Awareness and Action

Introduction: A Silent Epidemic



In today's fast-paced world, where convenience often takes priority over well-being, India is witnessing a disturbing rise in lifestyle-related disorders. Once considered health concerns of adulthood, conditions such as obesity, Type 2 diabetes, hypertension, and stress-related issues are now increasingly affecting children and adolescents too. This silent epidemic calls for urgent awareness, preventive measures, and lifestyle corrections.

What Are Lifestyle Disorders?



Lifestyle disorders are health problems that arise due to unhealthy daily habits. These include:

- Lack of physical activity
- Poor dietary choices
- Excessive screen time
- Sleep deprivation
- High levels of stress

When such habits persist, they can lead to serious health conditions like heart disease, high blood pressure, Type 2 diabetes, and mental health issues such as anxiety and depression.

Why is This a Growing Concern in India?



In today's fast-paced world, where convenience often takes priority over well-being, India is witnessing a disturbing rise in lifestyle-related disorders. Once considered health concerns of adulthood, conditions such as obesity, Type 2 diabetes, hypertension, and stress-related issues are now increasingly affecting children and adolescents too. This silent epidemic calls for urgent awareness, preventive measures, and lifestyle corrections.



How Does This Affect Children?

The impact of lifestyle disorders in children can be long-lasting:

- Decreased concentration and academic performance
- Low self-esteem and body image issues
- Increased risk of chronic diseases in adulthood
- Weakened immunity and reduced stamina
- More importantly, these issues often go unnoticed or unaddressed due to lack of awareness.



Preventive Measures: What Can We Do?



As educators, parents, and students, we must work together to create a culture of health and mindfulness. Here are a few suggestions:

1. Encourage Physical Activity:

At least 30–60 minutes of play, dance, walking, or yoga every day.

2. Promote Balanced Nutrition:

Healthy home-cooked meals, fruits, vegetables, and adequate hydration over processed foods.

3. Set Screen-Time Limits:

Encourage digital detox hours and outdoor play to reduce gadget dependence.

4. Prioritise Mental Well-being:

Create safe spaces for open conversations and teach children how to manage stress effectively.

5. Lead by Example:

Children model adult behavior. Let's show them what a balanced life looks like—starting at home and in school.

Conclusion: A Healthy Tomorrow Starts Today

Lifestyle disorders may be growing, but they are not unstoppable. With timely intervention, education, and collective effort, we can protect our children from this crisis and lead them towards a healthier, happier future. Let us remind ourselves that true success is not only measured by grades or achievements—but by health, happiness, and harmony of mind and body.



1330 couplets' Hero @JPS

A PHOTO OP GALORE

THE METAL FRAME OF DEVOTION

*At JPS, a unique statue stands tall,
A metal frame of two hundred and forty-seven all,
Tamil letters shine, a linguistic pride,
Praising the language, that in hearts reside.*

*The metal framework, a modern twist,
Holds the ancient script, with artistic gist,
A grand gesture a treasure to see,
Celebrating Tamil, in glee.*

*At JPS, it stands, a beacon bright,
Honoring the language, day and night.
To Tamil's beauty, rich and grand,
A language treasure, in this metal stand*

*Unveiled with grandeur, by a renowned guest,
A momentous occasion, forever etched in rest.
The statue's beauty, a sight to behold,
Captivates hearts, young and old.*

*With every snap, memories abound,
At JPS, laughter and joy resound.
The selfie spot, a hub of delight,
With every click, a story unfolds,*

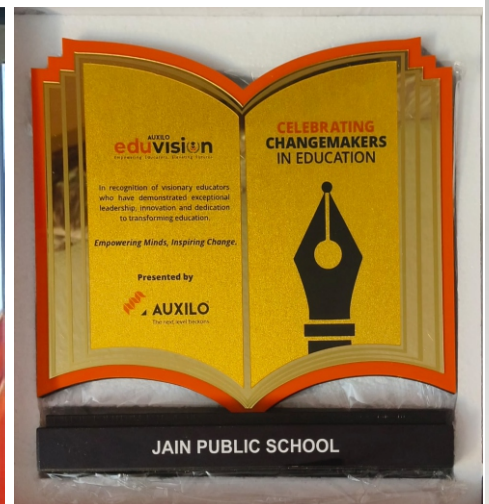


Radha Anand
K-8 Co ordinator

Educators' CORNER



We're incredibly proud to announce that our students at Jain Public School have excelled in the **Writewiz Eligibility** and **Writing Pace Curriculum** ! This recognition is a testament to their hard work and the exceptional guidance of our teachers. Celebrating the power of effective writing and communication

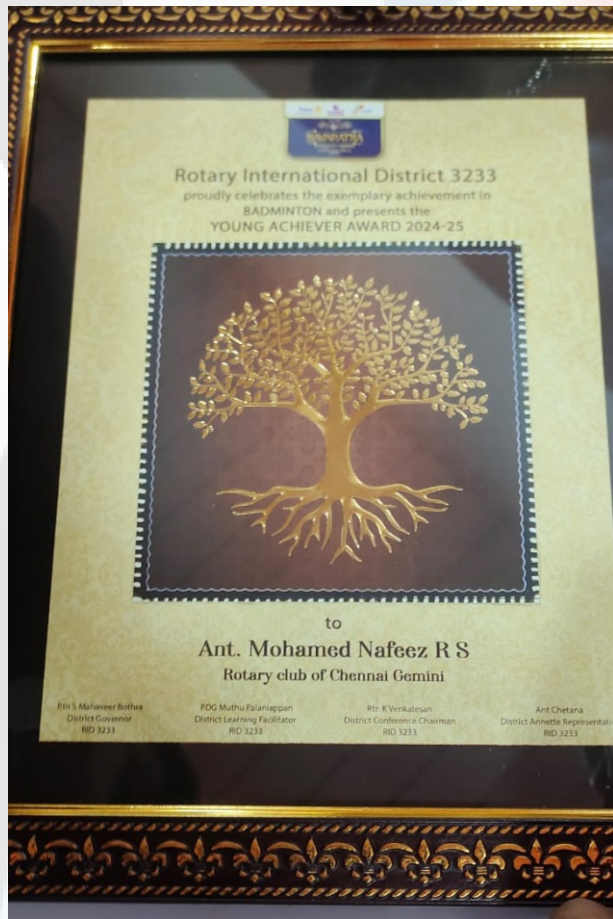


"An Incredible Milestone for Our School ! We are honored to be recognized by **AUXILO Eduvision** as '**Changemakers in Education.**' This prestigious award celebrates our unwavering commitment to empowering young minds and inspiring meaningful change in the world. Together, we continue to shape the leaders of tomorrow and pave the way for a brighter, more innovative future.





Success Corner



"Celebrating our proud moment as Ant. Mohamed Nafees RS is honored with the Young Achiever Award 2024-2025 in Badminton by the Rotary Club of Chennai Gemini. This prestigious recognition shines a light on his dedication, talent, and relentless pursuit of excellence. Congratulations on this remarkable achievement!"



"Heartiest congratulations to **Doshi** of **Grade VII** for achieving the remarkable feat of securing the **Runner-up position** in the **Drawing Competition** hosted by the **Tamilnadu Govt Dental College & Hospital** ! With creativity and talent shining through, Doshi has brought immense pride and joy to our school community. This accomplishment reflects not only dedication but also an inspiring spirit to excel. Kudos to Doshi for this fantastic achievement here's to many more milestones ahead!"





Best Teen Horse Rider Part 9 Suspicious

(Salute Mates, Hope you enjoy this part of the story.)

After which, I was taken to the location meant for the shoot. Many stills were clicked. I gave away something over my half potential to the stills. Surprisingly, modeling for me was like a piece of cake, I wasn't clear whether this aspect of mine was due to the reason that I was a member of the cheer leading squad, or, due to some other reason which was yet to something uncover. On the way back home, I couldn't hear one bit about what my parents were talking to me.

My thoughts were completely shifted to my veiled childhood, under the influence of the Directors words. I went home, searched every website, for the long lost rockstar's interviews. I found a plenty of them, out of curiosity, I spent the whole night watching all her videos. In conclusion, I found a controversy to my suspicion of 'me' being 'her'. In the positive side I had, all her aspects within me, for instance her voice and mine matched, our grace matched, and even the way respond to people were carbon copies. But against it, in the negative side, there was a big bombshell, She was said to be missing, a year after my adoption. There were even interviews on the web which was posted 4 years ago. I couldn't get say they were fake, as, there was a very fact, that the girl giving the interview just like the rockstar by appearance but I noticed that there was a lack in this new girl's skill of handling the media, her accent was different from the rockstar's past. Although I knew, with just by looking through these undefined aspects, no one can be said to be an 'imposter' but my gut had feeling that theory of mine would turn out to be the truth. The next day, I woke up with my eyes out, redish and puffy. Thank God, the shoot was merely over yesterday, but no day off to me, there was school that I had to attend. I got ready to school and went to school with father. When I got down, I could sense mixed sights falling on me, some enthralled gaze denoting people were curious about my shoot, some mean stares from those superiority complexed maniacs, and last but not the least, glares of the green-eyed cheer leading squad. Upon reaching my locker, I felt a hard push on my back, I was then pinned to the wall and was threatened not to flex about my modeling career. 'So did I think in the first place', I uttered with a high level of confidence, my face stiff and stamped on one of their foot, and ran off to class, waving good bye.

Days passed and I was called for another shoot but this time I had a guest waiting for me. What would happen next?

And you will get to know about it in the next part!

Until then,

It's Amrithavarshini of Grade 10,

Signing off!



Monthly Calendar

April 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Dates

Important Events

03

- 1.School open for the school year 2025 - 2026.
- 2.Supplementary exam for G9 and G11 begins

05

- 1.Teachers in service training
- 2.Supplementary exam for G9 and G11 ends

08

Book keeping activity for G7 and G8

10

1. Mahavir Jeyanthi -Holiday
2. 1st installment to be paid

12

Teachers in service training

14

Tamil new year - Holiday

16

Spellathon activity for G4 and G5

18

Malaysia Student Exchange Program ***

26

Summer Vacation begins