



CAMPUS BUZZ

JUSCO SCHOOL, KADMA



Edition: 69, 70 & 71 (April, May and June)

Fathers' Day Celebration



*"Fathers are like stars: you may not always see them,
but you know they're always there."*



Fathers' Day Celebration



Fathers of jskians danced to the tunes of peppy numbers and shared the stage with their kinesthetic kids on the occasion of Father's day



Fathers' Day Celebration



A father's love will always be imprinted on the heart of a son.



Dhanbad Visit

An ATL Workshop

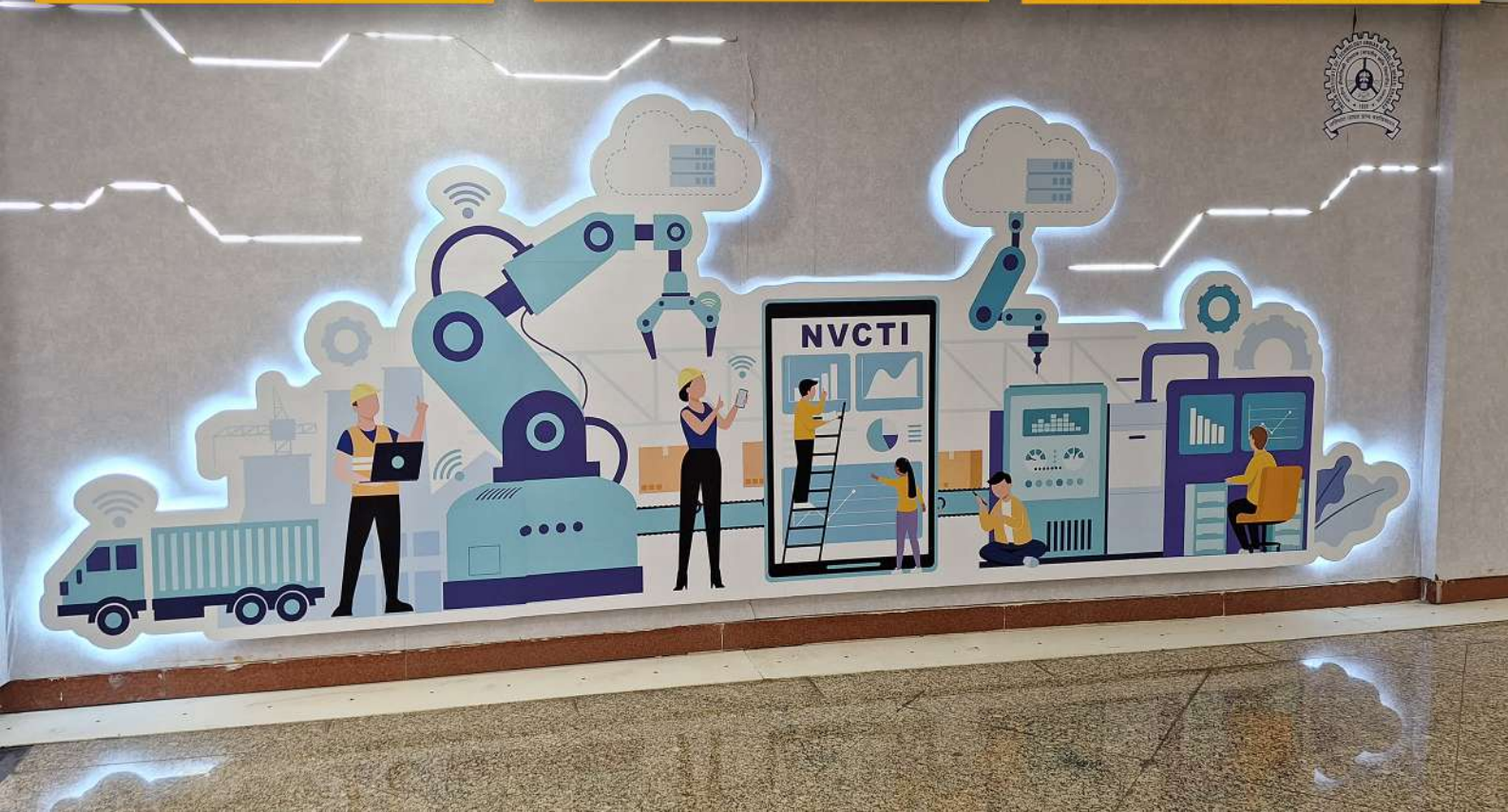
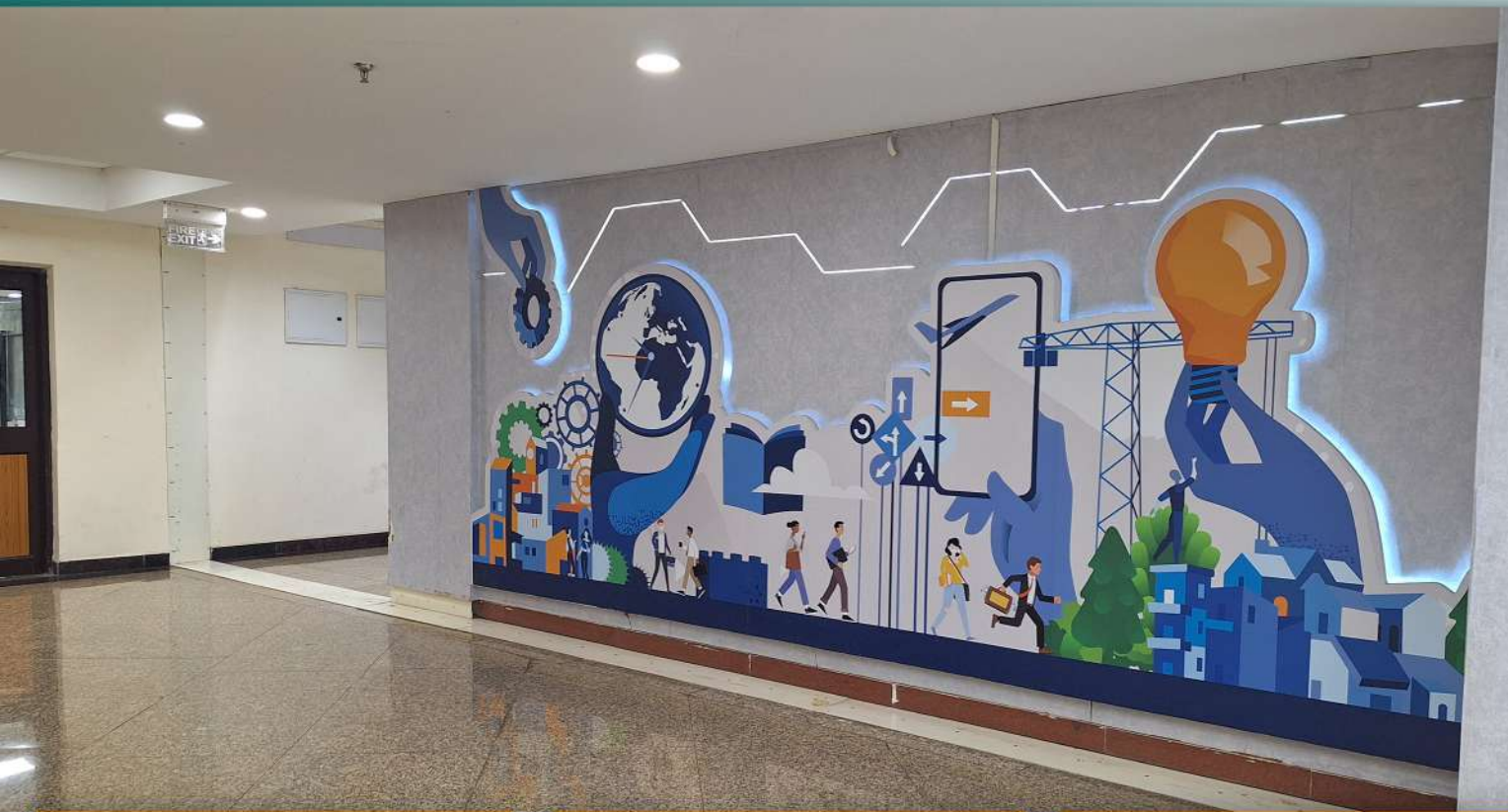


*A one-day teacher training camp on Design Thinking and Project Building.
Venue: AIC JNT ISM, Dhanbad
Date: 30th April 2025*



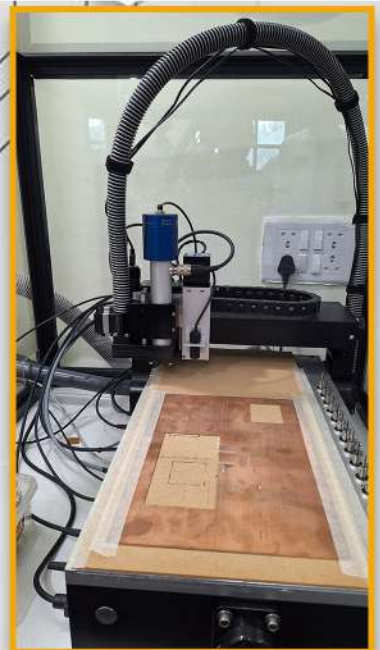
Dhanbad Visit

An ATL Workshop



Dhanbad Visit

An ATL Workshop



A rendezvous with high end technological equipments and gadgets



Investiture Ceremony

2025 - 26



As the new session begins, the new set of democrats took over as the school cabinet and were familiarised with their portfolios



Investiture Ceremony

2025 - 26



The parents and teachers of the young democrats proudly stood by them during the swearing in ceremony.



Olympiad Winners



Olympiad winners often look back on the journey, seeing it not just as a competition but as a valuable learning and growth experience.



Safety Training

Safety Training by Firefighters



When a man becomes a fireman his greatest act of bravery has been accomplished. What he does after that is all in the line of work. — Edward F. Croker



Safety Training

Safety Training by Firefighters



Unlocking new skills in fire fighting



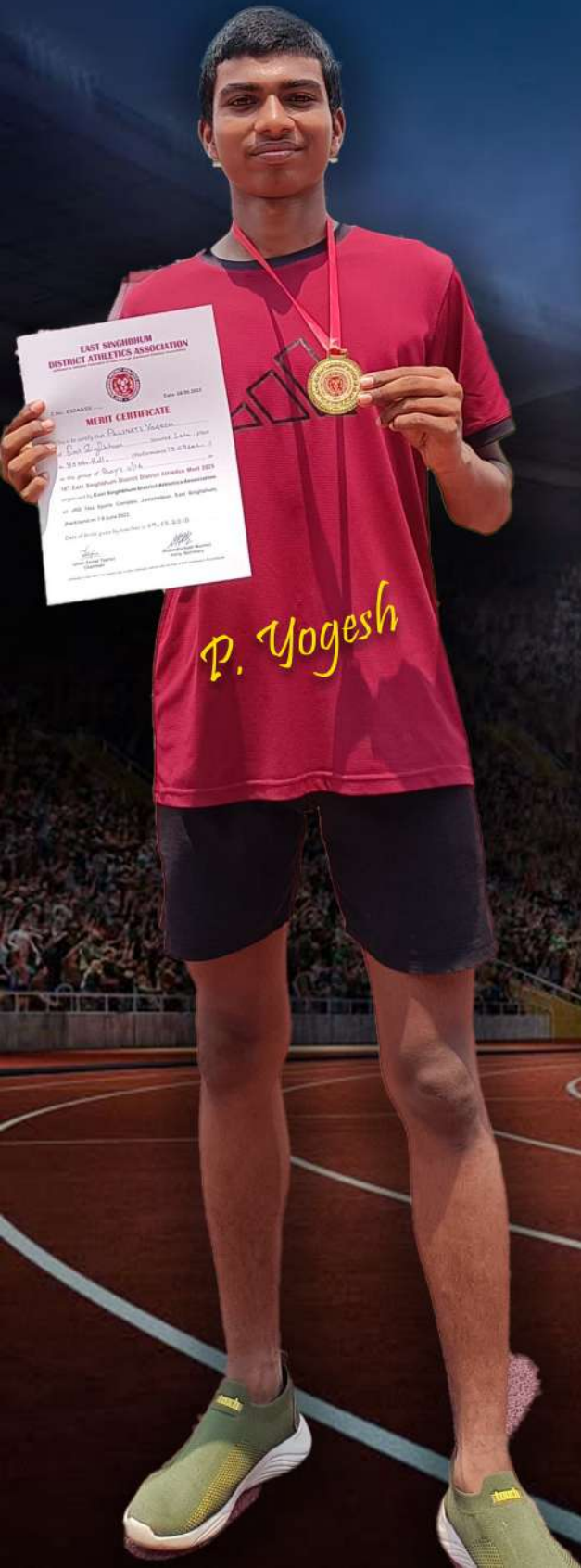
SESSION ON SAFETY

Safe and Unsafe Touch (Primary School)



District Athlete Meet

Rising stars of JSK



P. Yogesh

ईस्ट सिंहभूम एथलेटिक्स मीट के परिणाम घोषित



JAMSHEDPUR : 16वीं ईस्ट सिंहभूम जिला एथलेटिक्स मीट 2025 के दूसरे दिन 8 जून को अंडर-14 और अंडर-16 वर्गों की स्पर्धा संपन्न हुई। जिले के विभिन्न स्कूलों और खेल संस्थानों से आए बालक-बालिकाओं ने उत्कृष्ट प्रदर्शन किया। आज के परिणाम निम्नलिखित हैं, जिनमें अंडर-16 बालक वर्ग के भाला फेंक में प्रथम भावेश नायक, 60 मीटर दौड़ में प्रथम ऋतुराज दत्ता, द्वितीय सौरव तिवारी, लॉन्ग जंप में प्रथम सौरभ तिवारी, द्वितीय मुकेश महतो, हाई जंप में प्रथम मोहित कुमार, 80 मीटर बाधा दौड़ में प्रथम-पोलिनाटी योगेश व द्वितीय देवराज भट्टाचार्य, 600 मीटर दौड़ में प्रथम अतुल बारा व द्वितीय हरभजन बनरा, शॉट पुट में प्रथम वैभव सिन्हा व द्वितीय अनुभव अधिकारी, ट्रैथलॉन ग्रुप-ए में प्रथम आयुष कुमार व द्वितीय प्रिंस मुर्मू, ट्रैथलॉन ग्रुप-बी में प्रथम प्रह्लाद दुबे व द्वितीय आदित्य रंजन, ट्रैथलॉन ग्रुप-सी में प्रथम कृष्णा प्रसाद महतो व द्वितीय निखिल सिंह रहे।

Event: 80m Hurdles Race
First Position

Table Tennis

Talent
Talks

Hello all!

I'm Drishya Singh, a student of Class 10 B at JSK. I'm a national level Table Tennis player and have State level achievements too. I have been playing this sport for about 3 years now and of late it has become my source of pleasure and achievement. My first achievement was in the **District Table Tennis Interschool Championship 2022** where I claimed a Silver medal in Under-13 Girls Singles. Later on, my interest grew more and more and I started playing more tournaments. I have also won Gold in

Cluster
and

SGFI

have

tournaments (CBSE)

qualified in CBSE

Nationals. I also played

and I also went to its

Nationals. Recently I

achieved 2 Bronze

medals in

Under-17 as

well as Under-19 Girls

Singles in State Table

Tennis ranking 2025

which was held at

Godda, Jharkhand on

29th May. I attribute my

success to my supporting

family and my dedicated

coach, Mr Ujjal Chatterjee

sir who has been working

hard along with me for my

better future.



Earth Day Celebration



Earth Day, observed annually on April 22nd, is a global event promoting environmental awareness and action. It's a day to acknowledge the importance of our planet and to encourage actions that protect it from pollution, deforestation, and other harmful activities. Activities like tree planting, cleaning up litter, and conserving resources are common ways people celebrate Earth Day and contribute to a healthier planet.



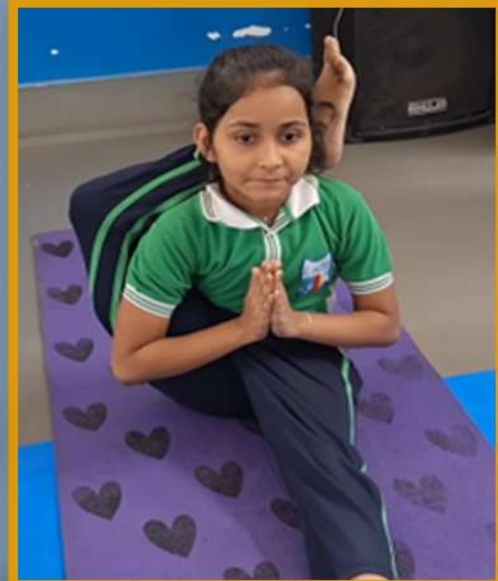
International Yoga Day



International Yoga Day



International Yoga Day



Diet Tips for a Healthy Heart



- Eat more fiber: Beans, oats, apples, and avocados help lower bad cholesterol.
- Choose healthy fats: Opt for nuts like almonds and walnuts, and fatty fish like salmon and sardines for omega-3s.
- Limit salt: Reducing sodium intake can significantly lower your risk of heart disease.
- Start with a smart breakfast: Whole grains, lean proteins, and fruits set the tone for the day.
- Walk 7,000–10,000 steps daily: Regular movement improves blood pressure and heart health.
- Get morning sunlight: It helps regulate your body clock and supports better sleep and mood.
- Avoid screens right after waking: Reduces cortisol spikes and stress levels.
- Practice nasal breathing during walks: Enhances oxygen intake and cardiovascular efficiency.
- Breathe deeply: Just a few minutes a day can lower blood pressure and calm your nervous system.
- Count your blessings: Gratitude and positive emotions are linked to better heart health.
- Monitor your vitals: Keep an eye on blood pressure and heart rate variability.
- Stay hydrated before caffeine: Water first thing in the morning supports circulation.



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