

Circular No.58/2022-23

19th July 2022




Dear Parents,

Subject: CBSE EXPRESSION SERIES on 'Yoga for Fitness'

1. As part of the celebration of **Azadi Ka Amrit Mahotsav (AKAM)**, the theme for the Student-Enrichment activities for the academic session 2022-23 is **Vision for India @2047**.
2. In this context, CBSE announces Expression Series on '**Yoga for Fitness**'. Students can express their ideas as per the following details:

Class Category	Medium	Topic
Primary (Class 3 to 5)	Paragraph (150 words) / Painting	My yoga schedule will be...
Middle (Class 6 to 8)	Essay (400 words)/ Painting/ Poem	I love Yoga because...
Secondary (Class 9 to 10)	Essay (700 words)/ Painting/ Poem	Yoga: Fitness for Humanity
Senior Secondary (Class 11 to 12)	Essay (1000 words)/ Painting/ Poem	Yoga: Making India Global

Notes:

-  Schools will organise the first level Expression Series on **Tuesday, 26th July 2022**.
-  The medium should be English or Hindi.
-  One best entry per class category will be sent for the final CBSE Expression Series.



Principal