

D.A.V. PUBLIC SCHOOL, THANE

2022-2023

Date : 15/07/2022

Ref: DAV/Thane/2022-23/Cir 023

Subject: CBSE EXPRESSION SERIES on 'Yoga for Fitness'

As part of the celebration of Azadi Ka Amrit Mahotsav (AKAM), the CBSE is conducting the Student-Enrichment activities for the academic session 2022-23. The theme is Vision for India @2047.

In this context, CBSE announces an Expression Series on 'Yoga for Fitness'. Students can express their ideas as per the following details:

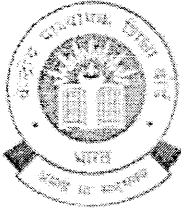
Class Category	Medium	Topic
Primary (Class 3 to 5)	Paragraph (150 words) / Painting	My yoga schedule will be...
Middle (Class 6 to 8)	Essay (400 words)/ Painting/ Poem	I love Yoga because.....
Secondary (Class 9 to 10)	Essay (700 words)/ Painting/ Poem	Yoga: Fitness for Humanity
Senior Secondary (Class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

NOTE:

- For participation in Expression Series events, i.e. Essays/ Paragraphs/ Paintings/Poems etc., please use participants' sheets given as Annexure I or a sheet with all details as given there in.
- The language should be English or Hindi.
- Last date to submit entries along with Annexure I (soft copy) to the class teacher is July 22, 2022.

Regards

Mrs. Simmi Juneja
Principal



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

CENTRAL BOARD OF SECONDARY EDUCATION

(An Autonomous Organisation Under the Ministry of Education, Govt. of India)



ANNEXURE -I

CBSE Expression Series Submission Form

Fill all details. All fields are mandatory:

Name of Participant: _____ Class: _____ Gender: M/F/Other

Differently Abled: Yes/No (tick one)

Name of the School with complete address:

Name of City/Village: _____ State: _____

Contact Number of participant/parent(whichever is applicable): _____ Contact No. of School _____ Email address of participant(whichever is applicable): _____

Write Here:

(Please attach additional sheets, if required. But all sheets must have the details as above, failing which the sheet will not be evaluated)