



Circular No. BBPS/GAR/PC/466/2022-23

19th July 2022

Subject: CBSE EXPRESSION SERIES on 'Yoga for Fitness'

Dear Parents,

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

Note:

*The activities will be conducted on 25 July 2022 in school.

* Students have to bring their own sheets, colours and material for essay writing/poem/painting etc.

* It is mandatory for all the students to participate.

Regards
Team Gadarwara