



CBSE EXPRESSION SERIES ON "YOGA FOR FITNESS"

To celebrate Azadi Ka Amrit Mahotsav, CBSE announces the Expression Series for the Session 2022-23

(15 July, 2022 to 25 July, 2022)

(As per CBSE Circular No.: Acad-77/2022)

S. NO.	ACTIVITY	TOPIC	CLASS	CONVENOR	TYPE OF ACTIVITY
01.	Paragraph Writing (150 words)	My yoga schedule will be...	III - V	Ms Sona R and Respective Class Teachers	Class Activity
02.	Painting on the given theme			Mr Faiz A	
03.	Essay Writing (400 words)	I love Yoga because...	VI - VIII	Ms Deepti T and Respective Class teachers	Class Activity
04.	Draw a Poem on the given topic			Ms Kamna J and Respective Class Teachers	
05.	Painting on the given topic			Mr Yuvraj P	
06.	Essay Writing (700 words)	Yoga: Fitness for Humanity	IX - X	Ms Poonam S	Class Activity
07.	Draw a Poem on the given topic			Ms Manisha A	
08.	Painting on the given topic			Mr Niladri S Das	
09.	Essay Writing (1000 words)	Yoga: Making India Global	XI - XII	Ms Rumpa B	Class Activity
10.	Draw a Poem on the given topic			Ms Rachna S	
11.	Painting on the given topic			Mr Niladri S Das	

Date of submission: 25 July, 2022

Note

- Teacher I/Cs are required to refer to the Circular attached and shortlist one entry for Class category for onward submission to CBSE by the school. The selected poems and essays are to be forwarded to Ms Abha B. and the selected painting(s) are to be handed over to Mr Niladri S Das and Mr Yuvraj P.
- All are required to strictly adhere to the dates and the formats.
- Technical Assistance for uploading the entries will be provided by Ms Asha Menon and Ms Poorti Sahnii
- For any doubt, please contact Ms Abha Bhardwaj.

Asha Prabhakar

Asha Prabhakar
(Principal)

स्वच्छ भारत

एक कदम स्वच्छता की ओर

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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)



CBSE/ACAD/2022

Date: 13.07.2022

Circular No: Acad-77/2022

All the Heads of Schools Affiliated to CBSE

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

3. Conducting Expression Series:

3.1 Conduct of Expression Series at the School Level:

- 3.1.1 Schools shall organise the first level Expression Series at their end on the above theme from **15 July 2022 to 25 July 2022**. Information of conduct of the Expression Series should be given to all students.
- 3.1.2 For participation in Expression Series events, i.e. Essays/ Paragraphs/ Paintings/Poems etc., please use participants' sheet given as **Annexure I** or a sheet with all details as given therein.
- 3.1.3 The medium should be English or Hindi.
- 3.1.4 Schools shall complete the evaluation of entries and shortlist one entry per class category for onward submission to CBSE.
- 3.1.5 **Submission of the Shortlisted Entry by Schools to CBSE:**
 - 3.1.5.1 Schools can submit the entries from **25 July 2022 to 30 July 2022** using an android phone through **CBSE Expression Series App** available at Google Play store. For guidelines of the process of submission, please see **Annexure II**.
 - 3.1.5.2 Each participant will get an online certificate of participation at his/her registered e-mail ID after the successful submission of entry on CBSE Expression Series App.
 - 3.1.5.3 10 best entries of each category will be selected by each CBSE Regions for selection of winners at CBSE, New Delhi.



'शिक्षा सदन', 17 राऊज़ एवेन्यू, इंस्टीट्यूशनल एरिया, नई दिल्ली-110002

'Shiksha Sadan', 17, Rouse Avenue, Institutional Area, New Delhi – 110002





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3.1.5.4 Three best entries will be selected at the national level. All of these best entries shall be compiled in the form of a booklet for display on CBSE website.

3.2 The decision of the evaluation committee shall be final and no correspondence will be entertained in this regard.

In case of any query, kindly contact at 011-23231070 during office hours or e-mail at cbseexpressions2122@gmail.com

With Best Wishes

Dr. Joseph Emmanuel
Director (Academics)

Copy to the respective Heads of Directorates, Organizations and Institutions as indicated below with a request to disseminate the information to all the schools under their jurisdiction:

1. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shaheed Jeet Singh Marg, New Delhi-16
2. The Commissioner, Navodaya Vidyalaya Samiti, B-15, Sector-62, Institutional Area, Noida-201309
3. The Secretary, Eklaya Model Residential Schools (EMRS), Ministry of Tribal Affairs, Government of India.
4. The Secretary, Sainik Schools Society, Room No. 101, D-1 Wing, Sena Bhawan, New Delhi-110001.
5. The Chairman, Odisha Adarsha Vidyalaya Sangathan, N-1/9, Near Doordarshan Kendra, PO Sainik School Nayapalli, Bhubaneswar, Odisha-751005.
6. The Director of Education, Directorate of Education, Govt. of NCT of Delhi, Old Secretariat, Delhi-110 054
7. The Director of Public Instructions (Schools), Union Territory Secretariat, Sector 9, Chandigarh-160017
8. The Director of Education, Govt. of Sikkim, Gangtok, Sikkim -737101
9. The Director of School Education, Govt. of Arunachal Pradesh, Itanagar -791 111
10. The Director of Education, Govt. of A&N Islands, Port Blair - 744101
11. The Director of Education, S.I.E., CBSE Cell, VIP Road, Junglee Ghat, P.O. 744103, A&N Island
12. The Director, Central Tibetan School Administration, ESSESS Plaza, Community Centre, Sector -3, Rohini, Delhi
13. The Additional Director General of Army Education, A -Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
14. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
15. All Regional Directors/Regional Officers of CBSE with the request to send this circular to all the Heads of the affiliated schools of the Board in their respective regions
16. All Joint Secretary/ Deputy Secretary/ Assistant Secretary/SPS / Analyst, CBSE



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17. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
18. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
19. In-Charge, Library
20. The Head (Media & Public Relations), CBSE
21. DS to Chairperson, CBSE
22. SPS to Secretary, CBSE
23. SPS to Director (Academics), CBSE
24. SPS to Director (Information Technology), CBSE
25. SPS to Controller of Examinations, CBSE
26. SPS to Director (Training and Skill Education), CBSE
27. SPS to Director (Professional Examinations), CBSE
28. SPS to Director (CTET), CBSE
29. SPS to Director (EDUSAT), CBSE
30. Record File

Director (Academics)



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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)



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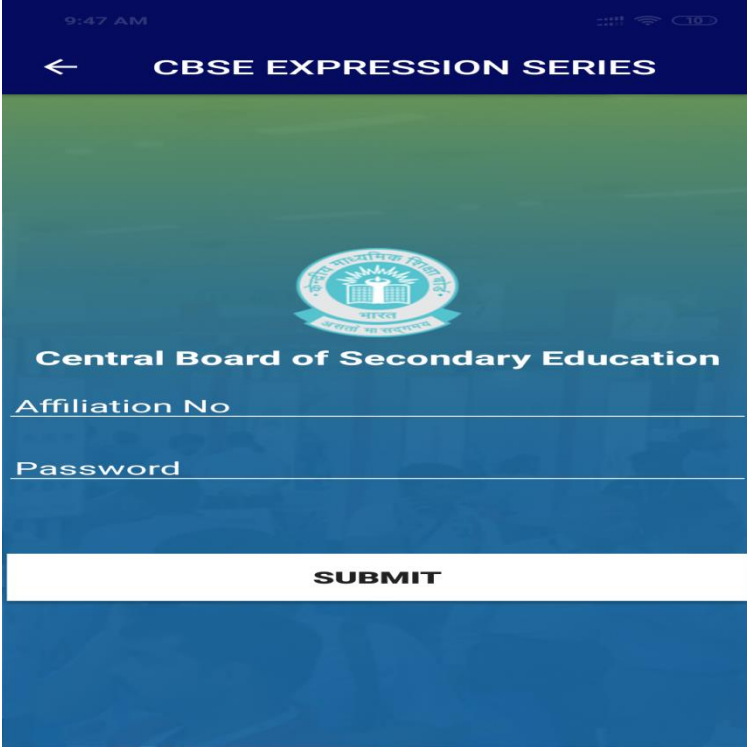
ANNEXURE - II

Guidelines for Entry Submission by School

Expression Series Android App Usage Details:-

Requirement: Android smart phone having operating system version 5.0 and above with internet connectivity.

1. CBSE Expression Series app may be downloaded and installed from Google Play Store. At the time of installation, please ensure that you "Accept" the permissions asked by app.
2. Tap on the "CBSE Expression Series" icon to launch the App and follow the steps given below:

	<p>Step-1</p> <p>Enter Affiliation No and LOC/Registration Password as Password and then tap on "SUBMIT" button.</p>
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← CBSE EXPRESSION SERIES

Enter Name

Enter Mobile Number

Enter Email Id

Enter Roll Number

Select Category

Select Class

Take Photo

Upload Photo

View Certificate

Step-2

Follow the steps given below after successful authentication

- Enter the Name of Candidate.
- Enter mobile number.
- Enter E-Mail ID.
- Enter the Roll Number generated at the school level.
- Select class category(primary/middle/secondary/senior secondary).
- Select Class.
- Tap on "Take Photo" button to click the picture or select picture from media. *Please ensure that the sheet contain all required details as given on annexure I.*
- Tap "Upload Photo" and Upload picture on server.
- Click on 'View Certificate' for the online certificate generated after the successful submission of entry by school.



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<div>1:27 PM 4G+</div> <div>← CBSE EXPRESSION SERIES</div> <div>Certificate</div> <div><input type="text" value="Enter Mobile No"/> <input type="text" value="Enter Roll No"/> <input type="button" value="SEARCH"/></div>	<p>For Viewing the online certificate,</p> <p>Kindly enter your mobile number and roll no. and click search.</p>
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