

16<sup>th</sup> July, 2022  
ARPS/Circular/2022-23/013

**Subject: CBSE EXPRESSION SERIES on 'Yoga for Fitness'**

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.

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

The following competitions are scheduled in the upcoming week on Wednesday 20<sup>th</sup> July 2022.

Grades 3-5- Drawing and colouring competition based on the theme - My Yoga Schedule

Grades 6-8- Drawing and painting competition based on the theme - I love Yoga

Grades 9- Drawing and painting competition based on the theme - Yoga: Fitness for Humanity

Requesting you to encourage your child to participate in the above.

Regards,



Ms. Anitha George  
Principal

