

Dear Parents
Greetings from OPBMS!



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 III to V)	Paragraph (150 words) / Painting	My yoga schedule will be...
Middle (Class VI to VIII)	Essay (400 words)/ Painting/ Poem	I love Yoga because...
Secondary (Class IX to X)	Essay (700 words)/ Painting/ Poem	Yoga: Fitness for Humanity
Senior Secondary (Class XI to XII)	Essay (1000 words)/ Painting/ Poem	Yoga: Making India Global

Conduct of Expression Series at the School Level:

- School will organise the first level Expression Series on Monday, July 25, 2022.
- The medium can be English or Hindi.
- School will complete the evaluation of entries and shortlist one entry per class category for onward submission to CBSE.

Submission of the Shortlisted Entry by Schools to CBSE:

- School will submit the entries from **27 July 2022 to 30 July 2022**.
- 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.
- 10 best entries of each category will be selected by each CBSE Regions for selection of winners at CBSE, New Delhi.
- 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.
- The decision of the evaluation committee shall be final and no correspondence will be entertained in this regard.

Students who are interested to participate should submit their names to the respective class teachers by tomorrow, July 20, 2022.

Warm regards

Sd/-

Sangeeta Sharma

Principal