



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)



के.मा.शि.बो./शैक्षणिक/ ई-पत्रिका /2025

दिनांक : 28 अप्रैल, 2025

परिपत्र संख्या. शैक्षणिक - 20/2025

के.मा.शि.बो से संबद्ध सभी विद्यालयों के प्रमुख

विषय: ई-पत्रिका "सपनों की उड़ान" के मई 2025 अंक हेतु प्रविष्टियाँ आमंत्रित-विषय: "भारत का भोजन और व्यंजन"

प्रिय महोदया / महोदय

कृपया परिपत्र संख्या Acad 82, 23 सितंबर, 2024 का संदर्भ लें, जिसमें ई- पत्रिका 'सपनों की उड़ान' के लिए प्रविष्टियाँ आमंत्रित की गई थीं। यह ई- पत्रिका भारत सरकार के शिक्षा मंत्रालय के स्कूल शिक्षा और साक्षरता विभाग द्वारा 23 अगस्त, 2024 को शुरू की गई थी।

यह ई-पत्रिका अब एक नई उड़ान भरने को तैयार है। मई 2025 से, यह एक मासिक ई-पत्रिका के रूप में प्रकाशित की जाएगी, जो विद्यार्थियों और शिक्षकों को हर महीने उनकी रचनात्मकता और कल्पनाशक्ति को प्रदर्शित करने के लिए एक मंच प्रदान करेगी।

इस ई-पत्रिका के मई 2025 अंक का विषय है – "भारत के भोजन और व्यंजन"।

सभी विद्यालय प्रमुखों से अनुरोध है कि वे उपरोक्त विषय पर हिंदी और अंग्रेजी भाषा में एक-एक सर्वश्रेष्ठ प्रविष्टि निम्नलिखित गूगल फॉर्म लिंक पर अपलोड करें। विस्तृत दिशा-निर्देशों के लिए कृपया अनुलग्नक-ए (Annexure-A) देखें। प्रविष्टियाँ भेजने की अंतिम तिथि **02.05.2025** सायं 4:00 बजे है।

Link- <https://forms.gle/KU6aWuiNXcZvuJKv7>

उपरोक्त जानकारी को सभी हितधारकों यानी विद्यार्थियों, शिक्षकों, अभिभावकों और कर्मचारियों से साझा करें और उन्हें भाग लेने के लिए प्रोत्साहित करें। ई पत्रिका के दिसम्बर-2024 संस्करण का लिंक नीचे उपलब्ध है-

https://ncert.nic.in/pdf/Sapno_Ki_Udaan_E-magazine.pdf

किसी भी प्रश्न के लिए कृपया e-magazine@cbseshiksha.in पर संपर्क करें।

शुभकामनायें !

डॉ. प्रज्ञा एम. सिंह
निदेशक (शैक्षणिक)



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निम्नानुसार निदेशालयों, संगठनों और संस्थानों के संबंधित प्रमुखों को उनके अधिकार क्षेत्र के अंतर्गत सभी विद्यालयों को सूचना प्रसारित करने के अनुरोध के साथ प्रति :

1. आयुक्त, केन्द्रीय विद्यालय संगठन, 18 इंस्टीट्यूशनल एरिया, शहीद जीत सिंह मार्ग, नई दिल्ली-16
2. आयुक्त, नवोदय विद्यालय समिति, बी-15, सेक्टर-62, इंस्टीट्यूशनल एरिया, नोएडा-201309
3. सचिव, एकलव्य आदर्श आवासीय विद्यालय (ईएमआरएस), जनजातीय कार्य मंत्रालय, भारत सरकार।
4. सचिव, सैनिक विद्यालय सोसायटी, कमरा नंबर 101, डी-1 विंग, सेना भवन, नई दिल्ली-110001
5. अध्यक्ष, ओडिशा आदर्श विद्यालय संगठन, एन-1/9, दूरदर्शन केंद्र के पास, पीओ सैनिक विद्यालय नयापल्ली, भुवनेश्वर, ओडिशा-751005
6. शिक्षा निदेशक, शिक्षा निदेशालय, दिल्ली सरकार, पुराना सचिवालय, दिल्ली-110 054
7. सार्वजनिक निर्देश निदेशक (विद्यालय), केंद्र शासित प्रदेश सचिवालय, सेक्टर 9, चंडीगढ़ -160017
8. शिक्षा निदेशक, सिक्किम सरकार, गंगटोक, सिक्किम -737101
9. विद्यालय शिक्षा निदेशक, अरुणाचल प्रदेश सरकार, ईटानगर -791 111
10. शिक्षा निदेशक, अंडमान और निकोबार द्वीप समूह सरकार, पोर्ट ब्लेयर - 744101
11. विद्यालय शिक्षा निदेशक, लद्दाख, कमरा नंबर 101-102, भूतल, परिषद सचिवालय, कुर्बाथांग, कारगिल - लद्दाख
12. विद्यालय शिक्षा निदेशक, आंध्र प्रदेश, तीसरी मंजिल, बी ब्लॉक, अंजनेय टावर्स, वीटीपीएस रोड, भीमाराजू गुट्टा, इब्राहिमपटनम, आंध्र प्रदेश - 521 456
13. निदेशक, झारखंड शिक्षा परियोजना परिषद, पुराना एचईसी हाई स्कूल, जेएससीए स्टेडियम रोड, जगन्नाथपुर, सेक्टर-III, धुर्वा, रांची) 834004-झारखंड(सेना शिक्षा के अतिरिक्त महानिदेशक, ए-विंग, सेना भवन, डीएचक्यू, पीओ, नई दिल्ली - 110001
14. नौसेना शिक्षा समाज, नौसेना शिक्षा निदेशालय, नौसेना मुख्यालय, रक्षा मंत्रालय, वेस्ट ब्लॉक-वी, आर.के.पुरम, नई दिल्ली-110066
15. सेना शिक्षा के अतिरिक्त महानिदेशक, ए-विंग, सेना भवन, डीएचक्यू, पीओ, नई दिल्ली-110001
16. सचिव, एडब्ल्यूईएस रक्षा मंत्रालय (सेना) का एकीकृत मुख्यालय, एफडीआरसी बिल्डिंग नंबर 202, शंकर विहार (एपीएस के पास), दिल्ली कैंट -110010
17. अध्यक्ष, केमाशिबो के उप सचिव
18. सचिव/परीक्षा नियंत्रक/सभी निदेशक, केमाशिबो
19. केमाशिबो के सभी क्षेत्रीय निदेशकों/क्षेत्रीय अधिकारियों को इस अनुरोध के साथ कि वे इस परिपत्र को अपने- अपने क्षेत्रों में बोर्ड के संबद्ध विद्यालयों के सभी प्रमुखों को भेजें।
20. सभी संयुक्त सचिव/उप सचिव/अवर सचिव/सहायक सचिव, केमाशिबो
21. सभी प्रमुख/प्रभारी, उत्कृष्टता केंद्र, केमाशिबो
22. प्रभारी आईटी एकक को इस अनुरोध के साथ कि इस परिपत्र को केमाशिबो की शैक्षणिक वेबसाइट पर प्रकाशित किया जाए
23. प्रभारी, पुस्तकालय
24. रिकॉर्ड फाइल

निदेशक (शैक्षणिक)



केन्द्रीय माध्यमिक शिक्षा बोर्ड

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CBSE/ACAD/E-Mag/2025

28th April, 2025

Circular. No. A cad - 20/2025

All Heads of the Schools affiliated with CBSE

Subject: Inviting Entries for *Sapnon ki Udaan*-an eMagazine published by the NCERT – reg.

Dear Madam/Sir

This is in continuation of circular no. Acad 82 dated-23 Sept.,2024 regarding the e-magazine *Sapnon ki Udaan* launched by the Department of School Education and Literacy, Ministry of Education, Govt. of India on 23rd August 2024.

The e-magazine is set to take a new leap. Starting from May 2025, it is to be published as a monthly e-magazine, providing students and teachers more opportunities to showcase their creativity and imagination.

The upcoming May 2025 edition will focus on the theme “Food and Cuisines of India.”

You are requested to submit one best entry each in Hindi and English on the theme mentioned above. For the detailed guidelines please refer to Annexure-A. The entries must be submitted through the google form latest by 4:00 PM on 02.05.2025.

Link- <https://forms.gle/KU6aWuiNXcZvuJKv7>

Kindly disseminate the above information among all the stakeholders i.e. students, teachers, parents and staff members and encourage them to participate. Please share the link of the December 2024 edition available in the following link-

https://ncert.nic.in/pdf/Sapno_Ki_Udaan_E-magazine.pdf

For any queries please email at e-magazine@cbseshiksha.in

With best wishes!

Dr. Praggya M. Singh
Director (Academics)



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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, Eklavya 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 School Education, Ladakh, Room No.101-102, Ground Floor, Council Secretariat, Kurbathang, Kargil - Ladakh
12. The Director of School Education, Andhra Pradesh, 3rd Floor, B block, Anjaneya Towers, VTPS Rd, Bhimaraju Gutta, Ibrahimpatnam, Andhra Pradesh – 521 456
13. The Director, Jharkhand Education Project Council, Old HEC High School, JSCA Stadium Road, Jagannathpur, Sector-III, Dhurwa, Ranchi-834004 (Jharkhand)
14. Navy Education Society, Dte of Naval Education, Naval Headquarters, Ministry of Defence, West Block-V, RK Puram, New Delhi-110066
15. The Additional Director General of Army Education, A –Wing, Sena Bhawan, DHQ, PO, New Delhi-110001
16. The Secretary AWES, Integrated Headquarters of MoD (Army), FDRS Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
17. DS to Chairperson, CBSE
18. Secretary/ Controller of Examinations/ All Directors, CBSE
19. 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
20. All Joint Secretary/ Deputy Secretary/ PPS/SPS/Under Secretary/Assistant Secretary, CBSE
21. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
22. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
23. In-Charge, Library
24. Record File

Director (Academics)

Sapno Ki Udaan Goes Monthly!

After being a quarterly publication so far, the **e-magazine:Sapno Ki Udaan** is now taking a new leap. Beginning May 2025, it will be published as a monthly e-magazine, offering more frequent opportunities for young voices to shine. With a fresh theme each month, the magazine aims to bring even more creativity and engagement to the readers.

THEME- May 2025 - Food and Cuisines of India

Call for Submissions: Sapno Ki Udaan (May 2025)

Do you have a favorite dish with a story behind it, or a family recipe that deserves the spotlight? For the upcoming May 2025 issue of Sapno Ki Udaan the theme is - '**Food and Cuisines of India**'. This issue of Sapno Ki Udaan seeks to celebrate and critically engage with food as a cultural, historical, artistic, and social phenomenon. Whether it is an article on the history of your favorite street snack, a photo essay of your cooking experiments, a poem inspired by your grandma's kitchen, or even a review of your campus canteen - let it be known to all!

We welcome submissions on a wide range of **sub-themes**, including but not limited to:

- Young Chefs' Extravaganza (recipes by students and their experiences)
- Traditional and Indigenous Cooking Practices
- Fusion and Contemporary Cuisine
- Millet Magic (Shree Anna)
- Regional Culinary Legends
- Ayurvedic and Seasonal Eating
- From Farm to Plate: Stories of Farmers and Food Producers
- Foodpreneurs: Local Food Startups
- Community Kitchens and Kindness
- Food and Identity
- Culinary Storytelling
- Gastronomy and Science
- Street Food Cultures
- Food in Media and Literature
- Culinary Tourism
- Innovations in the Food Industry
- Personal Memories related to Food
- Traditional Dishes from your Culture
- Modern Twists on Old Recipes
- Cooking on a Student Budget
- Food trends or funny food fails

Let your creativity simmer, and send in your tasty takes!

Submissions should offer fresh perspectives, hands-on experiences, or insights that contribute to a deeper understanding of how cuisine shapes and reflects human experience across time and cultures.

General Guidelines

Categories and Word Limits

1. Poems (12–32 lines)

Show the taste, customs, and special meanings behind food traditions. Celebrate the dishes, ingredients, and the love that comes from cooking and sharing food with others.

2. Stories (600–1200 words)

Write real stories about food – like a recipe passed down in a family, a cook who made a big difference, or a trip where someone discovered new and exciting tastes.

3. Articles (700–1500 words)

You can write about food from different parts of India, how to eat healthy, how to save food, or old food traditions from your state or community.

4. Dialogues or Plays (400–700 words)

You can write small conversations that show food habits, funny moments in the kitchen, or how people from different places share food with each other.

5. Essays (500–800 words)

You can write a small essay about where some food came from, why some dishes are special, or how food helps people become friends and stay close.

6. Illustrations and Posters (A4 size, high-resolution artwork)

You can make drawings or paintings of food, thalis (plates of food), kitchens, or ingredients. Show how food is important in your culture through your art.

7. Profiles (400–800 words)

Write about a chef, a farmer, or someone special who works with food. It can be someone who keeps old food traditions alive or someone who makes new ideas with Indian food.

8. Travelogues (800–1200 words)

Tell a story about a trip where you tasted new food—like trying yummy street food, eating with families in different places, or finding a special local dish.

9. State Snapshots - Infographics or creative write-ups (up to 500 words)

A quick look at any Indian state's food scene—signature dishes, unique ingredients, festivals, or eating customs.

10. Photography (High-resolution, JPEG/PNG, min 300 dpi) Photographs that capture the soul of Indian food—markets, cooking scenes, thalis, or food traditions. Accompany with a caption (50–100 words).

11. State Trivia / Quizzes (20–30 questions)

12. Reflections (500–1000 words) Share what food means to you—be it childhood memories, food and festivals, the role of mothers in our kitchens, or learning to cook.

13. Career Guidance- Explore careers in food

Submission Guidelines

1. **Font & Format:**
 - English: Times New Roman, 12pt, 1.5 line spacing
 - Hindi: Unicode, 14pt, 1.5 line spacing
 - Submit in DOC/DOCX or PDF format
2. **Artwork** must be original or used with proper permissions.
3. All submissions **must be original and unpublished.**
4. **Plagiarism** will result in disqualification.
5. Adhere to the word limits as per each category mentioned
6. Submissions should include your details, like:
 - Full Name
 - Class (if student)
 - School/Organisation Name and address
 - Designation (if educator)
 - Contact details (email & phone no.)

Deadline for Submission in the link given below is: 30 April, 2025

LINK- <https://forms.gle/KU6aWuiNXcZvuJKv7>