



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 : 20-08-2025

अधिसूचना

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

एनसीईआरटी द्वारा प्रकाशित ई-पत्रिका 'सपनों की उड़ान' के सितम्बर संस्करण के लिए प्रविष्टियाँ भेजने के संबंध में।

यह अधिसूचना ई-पत्रिका सपनों की उड़ान के संबंध में 09-07-2025 की अधिसूचना के अनुक्रम में है। इस ई-पत्रिका के सितंबर, 2025 अंक का विषय निम्नलिखित है –

“फिट इंडिया के लिए स्वास्थ्य और कल्याण”

प्रविष्टियाँ google लिंक के माध्यम से भेजी जा सकती हैं: <https://forms.gle/v2sxAQHJmrHXshwo7>

अंतिम तिथि एवं समय: 29.08.2025, अपराह्न 4:00 बजे तक

महत्वपूर्ण निर्देश:

- केवल विद्यालय प्रमुख द्वारा cbseshiksha.in ईमेल से भेजी गई प्रविष्टियाँ ही स्वीकार की जाएंगी।
- किसी भी प्रकार की नकल की गई या AI द्वारा जनित सामग्री स्वीकार नहीं की जाएगी।
- जिन विद्यार्थियों की रचना सपनों की उड़ान में एक बार प्रकाशित हो चुकी है, उन्हें आगामी तीन संस्करणों के लिए चयनित नहीं किया जाएगा, ताकि नए प्रतिभागियों को अवसर प्रदान किया जा सके।

सभी संबद्ध विद्यालयों से अनुरोध है कि उपरोक्त विषय पर मौलिक रचनाएँ, जो परिशिष्ट-A में दिए गए दिशा-निर्देशों के अनुसार हों, समय पर प्रस्तुत करें। यह जानकारी सभी हितधारकों यानी विद्यार्थियों, शिक्षकों, अभिभावकों और कर्मचारियों से साझा करें और विद्यार्थियों को भाग लेने के लिए प्रोत्साहित करें।

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

डॉ. प्रज्ञा एम. सिंह
निदेशक (शैक्षणिक)



केन्द्रीय माध्यमिक शिक्षा बोर्ड

(शिक्षा मंत्रालय, भारत सरकार के अधीन एक स्वायत्त संगठन)

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CBSE/ACAD/E-Mag/2025

20-08- 2025

NOTIFICATION

All Heads of the Schools affiliated with CBSE

Invitation for sending entries for September edition of *Sapnon ki Udaan*-an e-Magazine published by the NCERT

This is in continuation to notification dated 09-07-2025 regarding e-magazine *Sapnon ki Udaan*. The following is the theme for the September, 2025 issue of the magazine -

“Health and Wellness for a Fit India”

Submission Details: Entries must be submitted through the following Google Form link:

<https://forms.gle/v2sxAQHJmrHXshwo7>

Last date and time for submission: 29.08.2025 (by 4:00 PM)

Important Instructions:

1. Entries must be submitted only by the school Principal through the official cbseshiksha.in email ID.
2. Plagiarised or AI-generated content will be rejected.
3. Contributors (students) whose work has already been published in *Sapnon Ki Udaan* will not be eligible for publication in the next three issues. This is to provide opportunities to new contributors.

You are requested to encourage students to submit original and creative work on the above theme, strictly in accordance with the guidelines provided in Annexure-A and disseminate this information widely among students, teachers, parents, and staff members.

For any queries, please write to: e-magazine@cbseshiksha.in

Dr. Praggya M. Singh
Director (Academics)

SAPNO KI UDAN, September 2025 Issue**Theme: Health and Wellness for a Fit India**

The September 2025 issue of *Sapno Ki Udaan* invites original, creative and thought-provoking contributions that explore various dimensions of health and wellness: from healthy habits to mental health awareness, traditional health practices to modern innovations, and community initiatives for a better tomorrow.

We encourage you to explore the physical, mental, cultural, environmental, and even emotional dimensions of well-being through your writing and art for the sub-themes listed herein.

Sub-Themes:

- Health and hygiene awareness
- Yoga, sports, and active lifestyle
- Role of nutrition in child and adolescent development
- Preventive health/care: Vaccination, sanitation, sleep etc.
- Mental wellness and emotional balance
- Local superfoods and indigenous dietary practices

Articles based on the above theme and sub-themes will feature as thematic highlights of the issue. However, we also welcome other creative expressions involving the experiences, imagination and creativity of the students in various categories as detailed below.

Submission categories, word limits and other details:

1. **Article:** 800 Words
2. **Story:** 500 – 800 words
3. **Poem:** 12 – 32 lines (max. 200 words)
4. **Essay:** 500 – 800 words
5. **Dialogue:** 300 – 500 words
6. **Travelogue:** 500 – 800 words
7. **Infograph:** 50 words per image or idea
8. **Quiz/Trivia:** max. 20 questions
9. **Reflections:** 500–800 words
10. **Play:** 300 – 500 words
11. **Photo Essay:** An interesting image with a description in 250-300 words
12. **Illustration/Poster/Painting:** High-resolution (300 dots per inch (dpi))
13. **Photographs:** High-resolution JPG/JPEG/PNG (300 dpi)

Note: Please send your content with copyright-free images in the formats mentioned above.

Technical Guidelines:

- All submissions must be original and unpublished.
- Plagiarised or AI-generated content will not be accepted.
- Follow the word limits and format instructions strictly.
- Entries are welcome in Hindi, English or any of the Indian languages.
- Text submissions should follow these formats:
 - **Hindi:** Unicode, 14 pt, 1.5 spacing
 - **English:** Times New Roman, 12 pt, 1.5 spacing
 - **Other Indian Languages:** Unicode, 14 pt, 1.5 spacing
- The content should be informative and engaging.

Note: Please note that the contributors (students/teachers) whose work has been published once in *Sapno Ki Udaan* will not be considered for publication for the next three issues. This is to ensure opportunities for the new contributors.

Submission Deadline: 29.08.2025 (by 4:00 PM)

Link for entries- <https://forms.gle/v2sxAQHJmrHXshwo7>

Note-The Committee constituted by the Board reserves the right to select the entries to be nominated for publishing in the e-magazine