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/E-Mag/2026 **Date: 02-11-2026**

NOTIFICATION

All Heads of the Schools affiliated with CBSE

Invitation for sending entries for October, 2026 edition of *Sapnon ki Udaan*-an e-Magazine published by the NCERT-reg.

This is in continuation to notification dated 12.10.2026 regarding e-magazine *Sapnon ki Udaan*. The following is the theme for the October, 2026 issue of the magazine –

"स्वच्छता और पोषण/ Hygiene & Nutrition"

Sub-Themes:

- Balanced Diet: The Basis of Healthy Life
- Prevention Is Better Than Cure
- Importance of Hygiene in Life
- Balanced Diet, Exercise and Rest
- Clean Body, Happy Mind
- Healthy Life in the Company of Nature
- Life Beyond the Mobile Screen
- Self-Reliance and Cooperation in Household Work
- Fitness Routine
- Key Nutrients and Their Sources

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

https://forms.gle/U3pqCUaanUbn2tMG7

Last date for submission: 15.11.2026

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.
4. Educators are encouraged to contribute scholarly, informative and engaging articles based on the given sub-themes with a maximum word limit of 1000 words.

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)
Professor & Director (Academics)

Copy to the respective Heads of Directorates, Organisations and Institutions 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-110054
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 –791111
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. The Director, Sambhota Tibetan Schools Society (STSS), Central Tibetan Administration (CTA), Dharamshala, HP
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), FDRC Building No. 202, Shankar Vihar (Near APS), Delhi Cantt-110010
17. The Director, Navy Education Society, Directorate of Naval Education, Naval Headquarters, Ministry of Defence, West Block-V, RK Puram, Delhi-110066
18. JS to Chairperson, CBSE
19. Secretary/ Controller of Examinations/ All Directors, CBSE
20. All Professors & Directors, CBSE
21. 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
22. All Joint Secretary/ Deputy Secretary/ PPS/SPS/Under Secretary/ Assistant Secretary, CBSE
23. All Associate Professor & Additional Director, Assistant Professor & Joint Directors, Assistant Professor & Deputy Directors, Assistant Professor & Assistant Directors, CBSE
24. All Head(s)/ In-Charge(s), Centre of Excellence, CBSE
25. In charge IT Unit with the request to put this Circular on the CBSE Academic Website
26. In-Charge, Library
27. Record File

Professor & Director (Academics)

Guidelines

E-magazine '*Sapnon ki Udaan*'- October, 2026

The E-magazine '*Sapnon ki Udaan*' invites original, creative and thought- provoking contributions on the following theme for October, 2026 issue

"स्वच्छता और पोषण/ Hygiene & Nutrition"

Sub-Themes:

- Balanced Diet: The Basis of Healthy Life
- Prevention Is Better Than Cure
- Importance of Hygiene in Life
- Balanced Diet, Exercise and Rest
- Clean Body, Happy Mind
- Healthy Life in the Company of Nature
- Life Beyond the Mobile Screen
- Self-Reliance and Cooperation in Household Work
- Fitness Routine
- Key Nutrients and Their Sources

Content based on the above Theme will feature as thematic highlight of the issue. However, the content on the following categories is also welcome, that can be on any theme and not necessarily on the theme highlighted.

Submission categories, word limits and other details for students:

1. Story: 500 – 800 words
2. Poem: 12 – 24 lines (max. 200 words)
3. Article: 500-800 words (with real photographs)
4. Travelogue: 500 – 800 words
5. Dialogue/Play: 300 – 500 words
6. Quiz: max. 20 questions
7. Photo Essay: An interesting image with a description in 250-300 words
8. Word Search/Crossword: Clear and readable format
9. Picture Story/Artwork: Clear, original and suitable for publication

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

Educators are encouraged to contribute scholarly, informative and engaging articles based on the given sub-themes with a maximum word limit of 1000 words.

Technical Guidelines:

- All submissions must be original and unpublished.
- Plagiarized or AI-generated content will not be accepted.
- The content should be informative and engaging.
- 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

Note: Please note that each school may submit a maximum of four best entries from different categories. The contributors whose work has been published once in '*Sapnon ki Udaan'* will not be considered for publication for the next three issues. This is to ensure opportunities for the new contributors.

Last date for submission: 15.11.2026

Link for Submission- https://forms.gle/U3pqCUaanUbn2tMG7

For any queries email to - e-magazine@cbseshisha.in