



NCERT E-MAGAZINE, 'Sapno ki Udaan'

Ref No. IPSCR/2025-26/CIR048

Date: 26.08.2025

Dear students,

We are pleased to inform you that NCERT is inviting entries for the September 2025 edition of its e-magazine, *Sapnon Ki Udaan*, Published by NCERT. This is a wonderful opportunity for students to showcase their creativity.

Theme for September 2025: "Health and Wellness for a Fit India"

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

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)

Important Instructions:

1. Plagiarized or AI-generated content will be rejected.
2. 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.
3. Kindly submit the entry to your class-teacher in the pdf form only.

Technical Guidelines:

- All submissions must be original and unpublished.
- Plagiarized 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

Last date and time for submission: 28.08.2025 (by 4:00 PM).

Applicable for grades (I – XII).

We urge all students to actively participate and make our school proud through your creative contributions.

Warm Regards,


Mrs. Renu Sharma

Principal (IPS-CR)

Assistant Director – School Systems (IGS)