



UN Information Centre
New Delhi



From Wonder, Wisdom
Heartfulness Education Trust

HEARTFULNESS ESSAY EVENT 2020

Organized by
SHRI RAM CHANDRA MISSION
in collaboration with
UNITED NATIONS INFORMATION CENTRE FOR INDIA AND BHUTAN
And
HEARTFULNESS EDUCATION TRUST

Shri Ram Chandra Mission is a non-profit educational and spiritual service organization. It promotes heart-based living through meditation as a means to universal peace and harmony. It is one of 1600 NGOs associated with the United Nations Department of Public Information. The All India Essay Writing Event has been the flagship event of the partnership between the United Nations Information Centre for India and Bhutan (UNIC) and Shri Ram Chandra Mission (SRCM) since 2005. The event has been renamed as the HEARTFULNESS ESSAY EVENT since 2019.

Under a collaborative initiative SRCM and the Heartfulness Education Trust have developed educational programs for youth aimed at bringing about an understanding and acceptance of universal human values. A program for training of teachers to enable them for delivery of Heartfulness Way education has also been launched. These programs are also being offered by SRCM to schools and colleges , besides the Essay Writing Event. Details are available on : www.heartfulness.org/education

An Invitation to the Youth

Youth is a time of possibilities. It is a period in life filled with opportunities waiting to be realized, provided we are prepared. While education helps us to develop our physical and intellectual capabilities to their optimum extent, and prepares us to thrive in a competitive world, there is one aspect of our development that does not often receive the attention due to it – the development of our inner Being. Without the synchronous development of body, mind and heart our evolution as human beings remains incomplete. It is therefore balance in addition to excellence that the youth must strive for - the balance between mind and heart, the outer and the inner, between thinking and feeling. Through Heartfulness Essay Event, we invite you to tap into your inner space, tune in to the soft voice of the heart that never fails to guide and inspire and, express in words your feelings on the topic. We encourage you thus to begin the practice of referring to the heart early in life.

Topics:

Category 1 [Classes 9 to 12] Word Limit 500

Thought pollution – root cause of all ills.

Category 2 [UG and PG] Word Limit 750

Poverty is not just a lack of money.

LANGUAGES OFFERED :

National Level : **English, Hindi**

Regional Level: **Any one language from** Gujarati, Bengali, Kannada, Malayalam, Marathi, Oriya, Punjabi, Tamil, and Telugu as per state wise eligibility list.

Rules and Guidelines

- a. **The interested institution is required to register for participation in the link provided at www.younghearts.org.** A unique code is generated for each institution. A mail of confirmation will be sent to the registered mail id for login.
- b. A login for each registered institution will be provided to manage the submission of the essays by the students.
- c. The unique code of the institution may be shared to the students for uploading their essay and enrolling their participation. Link for submission is available in the website.
- d. In each State 2 or 3 language options will be offered which are locally relevant, out of the approved 11 languages. Essay Event Coordinator of the institution may select the language for participation for the institution and intimate to the student accordingly. State wise language list is attached.
- e. A student needs to select any one language to write and submit his/her essay.
- f. All entries must be **on A4 size sheets**. Essays may be hand written in black or blue ink or computer typed in black in Calibri script in respect of essays in English and relevant script in respect of essays in Hindi and regional language. For all options only Font size 12 should be used. All entries must have all the information in the prescribed **Participant Information Slip as their first page duly signed**.
- g. The upload file to have maximum of 3 pages along with the Participant Information Slip. The file must be in a single PDF file. The file size must be less than 3MB in size.

- h. The participant must write the number of words on the last page and sign at the bottom of each page. Submitted entries must not bear any score or marks awarded at the institution level evaluation.
- i. There are two categories of participation and students **must necessarily write on the topics given for their applicable category** only. They should write only in **one language**.
- j. The **word limit for Category 1 is 500** and **Category 2 is 750** and must be strictly adhered to.
- k. Students must **NOT** make illustrations/sketches of any kind.
- l. Students are permitted and encouraged to read and research the topics. All submitted pieces must nonetheless be **the original work of the student** and any references or quotations therein must be duly acknowledged. Plagiarism from books or internet will not be viewed favorably.
- m. **The top 5 essays** need to be selected online in each language by the institution evaluators. The evaluators may use the institution login provided in our website for downloading the essays submitted by the participants of their institution if they wish to do so.
- n. The evaluation needs to be strictly done on the basis of the evaluation guidelines shared.
 - 1. Introduction/Interpretation : Weight 10%
 - 2. Structure and flow : Weight 10%
 - 3. Language : Weight 10 %
 - 4. Creativity/Originality : Weight 40%
 - 5. Relevance : Weight 10%
 - 6. Research/attention to details: Weight 10%
 - 7. Conclusion : Weight 10%Detailed evaluation criteria is also available for download on our website.
- o. To fulfill the purpose of this Event, the **essay must reflect the participant's personal understanding of the topic based partly on some of his or her own experiences**. Essays based entirely on material copied from books and internet are not desirable.

Essays must be submitted by participants only using their school/ college login. Essays through email will not be considered.

For clarifications or any other help please write to us at: essayevent@heartfulness.org

Prizes in each Category:

National Level: Top ten essays, written in **ENGLISH and HINDI**

State Level: Upto Top Ten essays in Regional Language (if applicable) in addition to essays in English and Hindi

Merit Certificates: An E- Merit Certificate to the entries selected by the institution.

Certificate of Participation : E-certificates will be awarded to all certified participants whose list is forwarded by the institution.

Sponsored Institution Award :

Diamond Award – to the Institution of the National Level First Prize Winners
– **Rs. 75,000 (4 awards)**

Platinum Award – to the Institution of the National Level Second Prize Winners
– **Rs. 50,000 (4 awards)**

Gold Award – to the Institution of the National Level Third Prize Winner
– **Rs. 25,000 (4 awards)**

Commendable Initiative Award : To the two institutions for highest participation in each category
– **Rs. 10,000 each (4 awards)**

Students may be required to undertake a telephonic interview to qualify for the final award. The Evaluation team will have the discretion to award or disqualify the essays received.

The certificates awarded will be signed by the Director of the UNIC and the President of SRCM.

Important Dates

Last date for submission of all essays including the submission of the selected top 5 essays by institution after evaluation : **10th October 2020**

Declaration of results: **December 2020**

Supported by :



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