



HEARTFULNESS ESSAY EVENT 2022

Organized by
HEARTFULNESS EDUCATION TRUST,
and SHRI RAM CHANDRA MISSION

in collaboration with

UNITED NATIONS INFORMATION CENTRE FOR INDIA AND BHUTAN

Shri Ram Chandra Mission is a non-profit educational and spiritual service organization. It has been promoting heart-based living through meditation as a means to universal peace and harmony for over 75 years since its inception in 1945. It is one of 1600 NGOs associated with the United Nations Department of Public Information. The All India Essay Writing Event had been the flagship event of Shri Ram Chandra Mission (SRCM) for nearly three decades and was organized in partnership with United Nations Information Centre for India and Bhutan (UNIC) for several years since 2005 reaching out to over 25,000 institutions in India. The event was renamed as HEARTFULNESS ESSAY EVENT in 2019 and was launched globally for the first time in 2021 in collaboration with UNESCO MGIEP (Mahatma Gandhi Institute of Education for Peace and Sustainable Development). The event has been successfully and continuously running since 1993.

The Heartfulness Education Trust (HET) has also designed a variety of programs for youth including The Heartfulness Way curriculum for junior school students aimed at developing in them an understanding and acceptance of core human values (as recommended in the report submitted to UNESCO by the International Commission on Education for the Twenty-First Century) as also a life skills program called HELP for senior school students. HET also offers programs for University students under its initiative called Heartful Campus. A program for teachers called INSPIRE has also been running for several years. Details of these programs are available on: www.heartfulness.org/education

An Invitation to the Youth

Youth is a time of great possibilities. It is a period in life, filled with opportunities waiting to be realized, provided you are mindful of them and are willing to strive heartfully for your holistic growth. 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 attention due to it – the development of our inner Being. Without the synchronous development of the body, the mind and the heart our evolution as human beings remains incomplete. It is therefore balance, in addition to excellence, that you must strive for - the balance between mind and heart, the outer and the inner, and, between thinking and feeling. Through the 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 experience related to the theme of this year's Event. We encourage you thus to begin the practice of referring to the heart more and more.

Ideation to Action : In our criterion for evaluation, we always mention that we will check if the essay has a call for action – if the author suggests a way to the reader to resolve a problem or overcome an issue related to human values discussed in the essay. This year we want to go a step ahead to encourage youth from Category 2 to put into action what they feel could be a contribution from them towards the solution to a problem they have chosen to study and analyze. This year we have a second phase to the Event for Category 2 participants wherein the jury will select some of the essays outlining solutions to a problem within the immediate communities/neighborhoods of the authors which they have chosen to write about. These solutions will be converted to short term interventional projects to be run by the authors. Heartfulness organizations within the country of the author whose project is selected will help to raise funds for these interventions at their discretion. **Further details are given on pages 4 and 5 of this leaflet as Phase II for Category 2.**

Categories and topics for Participants

Category 1 [Age 14-18 years] Word Limit 500

Kindness is compassion in action.

Category 2 [Age 19-25 years] Word Limit 750

Theme : Rising with Kindness

The Event for Category 2 will be conducted in two phases.

Phase I – Ideation as an Essay : In the first part we propose to ask the participants to look around their immediate living environment - their community or neighborhood - and identify a human problem about which they feel highly concerned. The problem **MUST** be related to the community or neighborhood as a whole or a group within the community and not an individual . They will be required to write an essay covering three broad aspects as follows :

- 1) The participant authors must elucidate the problem itself explaining why they perceive the particular issue or phenomenon as a problem.
- 2) Next they must analyze the problem to identify what in their personal view is the real cause of the problem. The essay must identify the lack of a human value or values which is the root cause of the problem and ideally also relate it to one or more of the Sustainable Development Goals (SDGs) of the UN.
- 3) As a last step the participant authors would be required to suggest an innovative solution which they would like to deploy to help resolve the problem. The intervention must be innovative and possible to implement through their individual or peer group effort. The intervention could be a novel strategy, an instrument or a device which could be innovatively deployed by the participant or could be an innovation of the author. They would be asked to state the resources they would need to successfully implement the suggested solution. The project should be such that the grant from the Heartfulness Youth Innovator Program can get them to the stage of take- off and seek further funding.

The jury will decide top ten winners on the basis of the ideation of the problem and the solution conceptualized by the author participant.

LANGUAGES OFFERED

Participants from both Categories may write their essay in any ONE of the following languages :

UN official languages : Arabic, Chinese, English, French, Russian, Spanish

Indian languages: Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Tamil, Telugu

To participate in the Event please follow the guidelines below :

- a. **Please visit our website to submit your entries as a participant through the following link : hfn.link/essayevent. There is no charge for participation.**
- b. Please select any **one** of the 15 optional languages to write your essay. If you submit essays in multiple languages you will lose the eligibility to participate.
- c. All entries must be **on A4 size sheets**. Essays may be hand written in black or blue ink or computer typed in a relevant prescribed script for each language. The details are available in the " Guidelines for Submission " option on the website.
- d. At the time of online submission, you will be required to fill the participation information form with mandatory and optional fields.
- e. You must conform to the authorized word limit for your category. Please mention the total number of words in your essay after the concluding paragraph.
- f. The **word limit for Category 1 is 500** and **Category 2 is 750** and must be strictly adhered to.
- g. Submitted entries must not bear any appeals, illustrations or slogans.
- h. You have the option to carry out research on the theme as it is not an on-the-spot competition. However, all submitted essays must necessarily be **your original work** and references or quotations therein must be duly acknowledged. Plagiarism from books or the internet will be viewed unfavorably.
- i. The evaluation of all submitted entries will be carried out by a jury for each of the languages on the basis of the following criterion :
 1. Theme introduction / interpretation : Weight 10%
 2. Structure and flow : Weight 10%
 3. Language : Weight 10 %
 4. Originality : Weight 20%
 5. Relevance to the theme : Weight 30%
 6. Research/attention to details : Weight 5 %
 7. Conclusion : Weight 15 %
- j. To fulfill the purpose of this Event, the thoughts expressed by the authors of Category 1 must be their original ideas giving expression to how they personally relate to the topic. Similarly,

the problem identified and discussed by the authors of Category 2 in their essay must be a real-life situation and not imaginary.

- k. All awards will be subject to the sole discretion of the jury and their decision will be final.
- l. The intent of the information provided in the English version of the Information Leaflet and flyer shall prevail over all other translated versions.

Entries must be submitted by participants only on our website in the prescribed format by the given last date. Essays received through email or post will not be considered.

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

Awards and recognitions for the Essays from both Categories

A Winner and a Runner- up will be selected in each of the 15 authorized languages in both categories. In addition to a Winner's certificate all winners will each get a gift coupon worth Rs 10,000/- All ranked as Runner-up will receive a certificate and will each get a gift coupon worth Rs 5,000/-

Certificates with Rank : Essays ranked from third to the tenth position in each of the 15 languages and both categories will be awarded e-certificates stating the rank.

Merit Certificates: An E- Merit Certificate will be awarded to the 10% entries shortlisted by the jury for the final round of selection in each of the 15 languages for both the categories.

Certificate of Participation : E-Certificate of Participation will be awarded to all participants who fulfill the participation criterion as per the guidelines.

Some participants may be required to undertake an interview by the jury via telephone or a video call as a final round of selection for the top awards. The jury will have the discretion to accept or disqualify any of the submitted essays and their decision will be final

Important Dates

Last date for submission of entries : **October 30,2022**

PHASE II for Category 2 only : Idea to Action

SELECTIONS FOR YOUTH INNOVATOR AWARD AND PROJECT GRANT

In the second part, the jury will select a few entries from top ten winners of Category 2 , irrespective of their language group and purely on the basis of the merit of the interventions suggested by the authors, to shortlist them for a grant for implementing the solutions proposed by the authors.

Each of the shortlisted participants will be required to sign an undertaking that they will abide by the rules of the selection process and will accept the jury's decision.

The jury will then invite the shortlisted participants for an interview and rank them. For the process of final selection for the grant the jury may call for further details on the proposed interventions of the participants. In case of a newly designed instrument or device already prototyped, the innovator will be asked to demonstrate its working and establish its success as an intervention for the identified problem.

Top three or more participants will be selected by the jury at their discretion for help to raise the seed funding for the interventions in the country of residence of the winner by local Heartfulness team. This will be subject to the winner agreeing to the terms and conditions of the grant if successfully obtained. They will be awarded the Youth Innovator Award – a citation stating the description of their innovation.

THE GRANT

Few innovative projects will be chosen by a jury for a special grant from a corpus to be utilized by the winner/s as per the guidelines of the jury to implement their ideas.

The grant amounts are not fixed and may vary as per the sponsor response.

The jury and the sponsors at their discretion may enhance the value of any of the grants and may introduce new terms and conditions.

All shortlisted candidates will be awarded a citation stating their achievement.

Terms and Conditions of the Grant

1. The award of grant will be at the sole discretion of the Jury which will not be questioned by the participants at any stage.
2. The Jury may vary the number of grants awarded or the amount of the grant at their sole discretion.
3. The expenses under the various heads will be approved by the Donor and monitored by them.
4. The awardee will have to give an undertaking to strictly adhere to the expense heads and not vary them without approval.
5. The awardee will have to submit proof of expenses under the grant as specified by the Donor.
6. The awardee will have to submit statement of expenditure periodically as specified by the Donor.
7. The awardee will have to submit a progress report as required by the Donor.
8. The awardee will have to submit a final report as specified by the Donor.
9. On the conditions of the grant being violated or not complied with, the Donor will reserve the right to cancel the grant at any stage.