



HEARTFULNESS ESSAY EVENT 2025

Organized by
HEARTFULNESS EDUCATION TRUST
AND
SHRI RAM CHANDRA MISSION
In collaboration with
THE COMMONWEALTH

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 The Shri Ram Chandra Mission (SRCM) for over 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 the HEARTFULNESS ESSAY EVENT in 2019 and was launched globally for the first time in 2020 in collaboration with UNESCO MGIEP (Mahatma Gandhi Institute of Education for Peace and Sustainable Development).

The Event this year is being organized in collaboration with The COMMONWEALTH for the second consecutive year which also marks the thirty-third successive year of the Event.

The Heartfulness Education Trust (HET) has 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), Brighter Minds for development of cognitive and intuitive faculties, a life skills program called HELP for senior school students and an initiative called Heartful Campus for University students. A program for capacity building of teachers called INSPIRE has also been running for several years. Details of these programs are available at: 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 due attention – the development of our inner Being. Without the synchronous development of body, mind, and heart we cannot grow into balanced individuals capable of taking charge of our own lives. 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 understanding of the topic for this year's Event. We encourage you thus to begin the practice of referring to the heart more and more.

There is no charge for participation.

All essays must be uploaded only on our website (hfn.link/essayevent) as per Guidelines given below. Essays received through email or post will not be accepted.

Categories for Participants

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

Topic for Category 1 :

Individual evolution is not possible without the support of others.

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

Topic for Category 2 :

Being in tune with Nature is a prerequisite for human evolution.

LANGUAGE OPTIONS FOR WRITING THE ESSAY

You may write your essay in any ONE of the following languages :

English, Assamese, Bengali, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil, Telugu

GUIDELINES FOR PARTICIPATION

To participate in the Event please follow the guidelines below :

A. Institutional Participation.

All institutions interested in participating in the event must Register the details of their institution on our website. (hfn.link/essayevent)

Registration of institution for participation is open.

Guidelines for submission of essays by students may be downloaded from our website for details for submission.

B. Direct Submission

All youth between the age of 14-25 years not enrolled in any institution are also eligible to participate in the event as Direct Participants.

The steps for uploading the essay are available in the document "Submission Guidelines" which can be downloaded from our website.

General Guidelines for Participants :

- a. Participants may select any **one** of the 12 optional languages to write the essay on the topic specified for their Category.
- b. The essay must be typed or legibly handwritten on A4-size paper. Essays may be handwritten in black or blue ink or computer-typed in a relevant prescribed script/font for each language.
- c. The Participant's name, Father's Name, Age, and Name of Institution must be written on every page of the essay.
- d. The **word limit for Category 1 (Ages -14 -18) is 500** and must be strictly adhered to.
- e. The **word limit for Category 2 (Ages – 19-25) is 750** and must be strictly adhered to.

- f. Please mention the total number of words of the essay after the concluding paragraph.
- g. Submitted entries must not bear any appeals, illustrations, or slogans.
- h. The scanned copy of the essay must be uploaded on our website. Link : **hfn.link/essayevent** .
- i. The steps for uploading of the essay are available in the document "Guidelines for Submission" which can be downloaded from our website.

Evaluation Criterion for essays in both Categories

Participating students 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 the **original work** of the author, and references or quotations therein must be duly acknowledged.

- a. The evaluation of all submitted entries will be carried out by a jury for each of the languages based on 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 of ideas to the theme	: Weight 40%
6. Research/attention to details	: Weight 5 %
7. Conclusion	: Weight 5 %
- b. To fulfill the purpose of this Event, the **essay must reflect the author's personal views on the topic. Originality and relevance of ideas to the topic carry the maximum weightage.**
- c. Essays plagiarized from books or the internet will be rejected.
- d. All awards will be subject to the sole discretion of the jury and their decision will be final.
- e. The intent of the information provided in the English version of the Information Leaflet and flyer shall prevail over all other translated versions.

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

Awards and recognitions for the Essay Event

For Individual Student Participants

A Winner and a Runner- up in each of the 12 authorized languages in each category will receive a trophy and certificate.

Certificates with Rank : Essays ranked from third to the tenth position in each of the 12 languages in each category will be awarded mementos and certificates stating the rank.

Merit Certificates: An E-Merit Certificate will be awarded to the 10% of entries shortlisted by the jury for the final round of selection in each of the 12 languages in both categories.

Certificate of Participation : E-certificates 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 by 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.

Appreciation Certificates for Participating Institutions.

Gold Appreciation Certificate for Institutions submitting over 300 Essays

Silver Appreciation Certificate for Institutions submitting over 200 Essays

Bronze Appreciation Certificate for Institutions submitting over 100 Essays

Important Dates

Online Submission of essays : **August1,2025**

Last date for submission : **September 30,2025**

Declaration of winners : **December 31, 2025**