

Guidelines for Submission

- a. Select any **one** of the 15 optional languages to write your essay. If you submit your essay in multiple languages, you will lose the eligibility to participate.
- b. Write your essay on A4 size sheets. Essay may be hand-written in black/blue ink or computer typed in the relevant script for each language.
- c. Mention the total no of words you have written at the end of your essay.
Category 1 (Age 14-18 years) maximum word limit - 500.
Category 2 (Age 19-25 years) maximum word limit - 750.
- d. Save the soft copy of your essay in a single PDF file only. A single PDF file for a hand-written essay may be created by saving the image/scan as a document. You may download and use any document scanning software like Adobe Scan on your mobile to create and save the PDF file. The file size should not be more than 3Mb.
- e. Create the soft copy of your age proof document in a single PDF file. The file size should be less than 1 Mb.
- f. **There is no charge for participation.**
- g. **Please ensure you have a good internet connection before you submit your essay.**
- h. **To submit your essay, visit our website <https://hfn.link/essayevent>.**

From Wonder, Wisdom
Heartfulness Education Trust

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Organized by
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Submit Your Essay Winners 2020

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- i. For submitting your essay click on the "Submit your essay" tab on the screen. The screen below will appear. Select the language option you choose to write the essay in, out of the approved languages.

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

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

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Select Language English ▾

Submit your Essay

This is your Participant Information Form

Checklist for submitting your essay :

1. Age proof max size 1 MB [jpg/ pdf].
2. Essay max size 3MB [jpg/ pdf]

Participant Name*

Name of Mother / Father*

Address Line 1

Address Line 2

City / Village / Town*

Country*

Arabic
Bengali
Chinese
English
French
Gujarati
Hindi
Kannada
Malayalam
Marathi
Odia
Russian
Spanish
Tamil
Telugu

- j. Fill in the information as given in the Participant Information Form. All fields marked in * are mandatory

Participant Age*

Category*

Institution Name

Institution email id

Institution Address Line 1

Institution Address Line 2

Institution City

Institution Country

Institution Contact details

Essay Language*

Participant E-mail*

[Send Verification Code](#)

- k. Enter your E-mail Id. The email id you have entered needs to be verified.

- l. Click on "Send Verification Code"

- m. A verification code will be sent to the email id that you have entered.

- n. Check the inbox of the participant Email for the verification code sent. If you do not find the verification code, please check the spam/junk folder of the Email. Click on the Resend verification code to resend the verification code after re-checking the email id entered.
- o. Enter the verification code sent to your Email id in the space provided for verification.

The image shows a registration form with the following sections:

- Participant E-mail***: A text input field and a blue button labeled "Send Verification Code".
- Please enter the Verification code sent to the Participant e-mail***: A text input field and a blue button labeled "Verify".
- Age proof Upload***: A "Browse..." button, text "No file selected.", supported file formats "[jpg/ pdf]", and "Upload File Size Maximum 1MB".
- Essay Upload***: A "Browse..." button, text "No file selected.", a link "Please upload your essay", supported file formats "[jpg/ pdf]", and "Upload File Size Maximum 3MB".
- A checkbox: I support the UNESCO Resolution to create the International Day of Kindness
- How did you get to know about this event***: A dropdown menu.

- p. Click on Verify
- q. Upload your age-proof document. Click on the Browse option under the Age Proof option. Select the age proof PDF file that you have saved earlier. Ensure the file size is less than 1 Mb.
- r. Upload your Essay document. Click on the Browse option under the Essay Upload. Select you Essay PDF file you have saved earlier. Ensure the file size is less than 3 Mb.
- s. Mark a Tick, if you support the UNESCO Resolution to create International Day of Kindness.
- t. Select the relevant option from the dropdown menu given for "How you got to know about the event."

The image shows a close-up of the dropdown menu for the question "How did you get to know about this event*". The menu is open, showing the following options:

- Select
- School / College
- Friends
- Social Media
- Website
- Previous Participation** (highlighted in blue)
- UNESCO MGIEP
- Others

Below the dropdown, there is a checkbox: I support the UNESCO Resolution to create the International Day of Kindness

- u. Tick on the parental consent and declarations after reading them.
- v. Check the data that you have entered. Ensure all entries are correct. Correction will not be entertained after submission.

I am 16 years or older or I have parental consent to submit my information for the essay event *

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I hereby declare that I am the sole person who has written this essay. As I am permitted to quote from literature and research on the topic, I have given due credit to the ideas obtained from others or from any reference material *

I agree to [Terms of Use](#) and [Privacy & Cookie Policy](#) Privacy & Cookie Policy *

All entries made are correct * Yes

SUBMIT

No changes will be entertained after submission

- w. Click on the Submit button
- x. Message of successful submission will appear on your screen along with your enrollment no.
- y. Email confirmation sent to the Participant Email ID on submission.
- z. For any clarification, you may write to **essayevent@heartfulness.org**