

# HEARTFULNESS ESSAY EVENT 2021

in Collaboration With UNESCO MGIEP  
United Nations Information Centre  
for India and Bhutan

Organised by  
Heartfulness Education Trust  
Shri Ram Chandra Mission



#KindnessMatters

Theme  
**Kindness**  
for self, for each other & the environment

Online Submission opens  
August 12, 2021

Last date for submission of entries  
November 30, 2021

Declaration of Winners  
January 17, 2022 (On our website)

Event is for age groups  
14-18 years and 19-25 years

For detailed guidelines please go to:  
[hfn.link/essayevent](https://hfn.link/essayevent)

For any clarifications please write to us at :  
[essayevent@heartfulness.org](mailto:essayevent@heartfulness.org)