

**HEARTFULNESS  
ESSAY EVENT  
2020-21**

B.V.RAJU COLLEGE

VISHNUPUR :: BHIMAVARAM

VCLC 2021

DATE: 30-11-2021

NAME OF THE ACTIVITY: HEARTFULNESS ESSAY EVENT 2021

### ABOUT THE ESSAY EVENT

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 ) for past 16 years. This year marks sixteenth years of this partnership. The event has been renamed as the HEARTFULNESS ESSAY EVENT.

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. 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.

### 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.

Your willingness to participate in this event is, to us, a silent but effective expression of your concern for the state of our world and your recognition of the crucial role that youth must

play in the creation of a new world inhabited by capable and balanced individuals.  
Therefore, as in past years, we once again urge YOU to apply your mind and search your heart as you pen down your personal understanding of these topics.

As of covid issue, all the registrations and submissions are through online only. Please verify the brochure and the guidelines to submission.

  
Coordinator

  
Academic Incharge

  
Principal



heartfulness

# HEARTFULNESS ESSAY EVENT 2021

Organized by  
Heartfulness Education Foundation  
SANGHVI EDUCATIONAL TRUST



From Wonder,  
We learn  
Heartfulness  
Education Trust



#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)

Supported by **INMOBI**

Education Partner



## 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>.**

