



heartfulness
purity weaves destiny

From Wonder,
Wisdom
Heartfulness
Education Trust

হাটফুলনেস প্রবন্ধ লিখন কার্যক্রম ২০২৬

হাটফুলনেস এডুকেশন ট্রাস্ট এবং শ্রী রাম চন্দ্র মিশনের আয়োজনে



অংশগ্রহণকারীদের জন্য বিষয়

বিভাগ ১ (বয়স ১৪-১৮ বছর)- শব্দসীমা ৫০০

আমার অনুমতি ছাড়া কেউ আমাকে আঘাত করতে পারে না।

No one can hurt me without my permission.

বিভাগ ২ (বয়স ১৯-২৫ বছর)- শব্দসীমা ৭৫০

গ্রহণশীলতা (Acceptance) বিবর্তনের লক্ষণ।

Acceptance is a sign of evolution.



বিস্তারিত নির্দেশিকার জন্য এই ওয়েবসাইট দেখুন - hfn.link/essayevent

স্পষ্টীকরণ বা অন্য কোনও সহায়তার জন্য দয়া করে আমাদের এখানে
ইমেল করুন - essayevent@heartfulness.org

Brighter
Minds Enriching
Young Minds



সহযোগিতায়



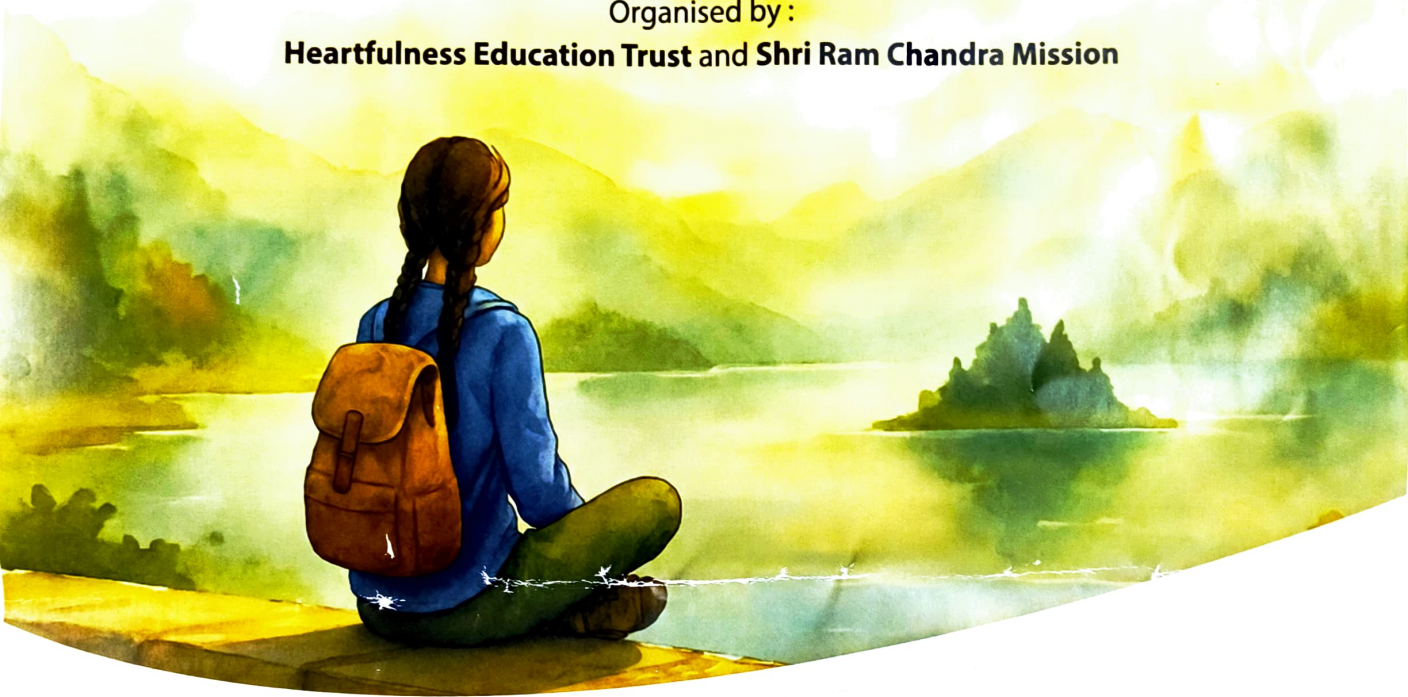
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HEARTFULNESS ESSAY EVENT 2026

Organised by :

Heartfulness Education Trust and Shri Ram Chandra Mission



TOPICS:

Category 1 (**14-18 years**) 500 words

No one can hurt me without my permission.

मेरी अनुमति के बिना कोई भी मुझे आहत नहीं कर सकता।

Category 2 (**19-25 years**) 750 words

Acceptance is a sign of evolution.

स्वीकार्यता विकास का प्रतीक है।



For detailed guidelines please visit: hfn.link/essayevent

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

Supported by:





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HEARTFULNESS ESSAY EVENT 2026

Organized by
HEARTFULNESS EDUCATION TRUST
AND
SHRI RAM CHANDRA MISSION

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) followed by collaboration with The COMMONWEALTH for two years.

The Event this year marks the thirty-fourth 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 :

No one can hurt me without my permission.

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

Topic for Category 2 :

Acceptance is a sign of 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 of the essay are available in the document "Guidelines for Submission" 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

Registration by institutions (begins) : **July 1st 2026**

Online submission of essays (opens) : **July 15th,2026**

Last date for submission : **September 30,2026**

Declaration of winners : **December 31, 2026**

Guidelines for Submission

Guidelines for Essay writing

- a. Participants may choose **any one of the 12 optional languages** to write their essay on the topic specified for their category. Only **one essay** may be submitted. Essays submitted in multiple languages would be rejected.
- b. Participants must identify the correct category based on their age group and write on the appropriate topic.
- c. Essays must be typed or legibly handwritten on **A4-size** paper. Handwritten essays should use black or blue ink.
- d. The following details must appear on **every page** of the essay:

- Participant's Name
- Father's Name
- Age
- Name of Institution (if applicable)

e. **Word limits must be strictly followed.**

Category 1 (Ages 14–18): Essay must be within **500 words**.

Topic : No one can hurt me without my permission.

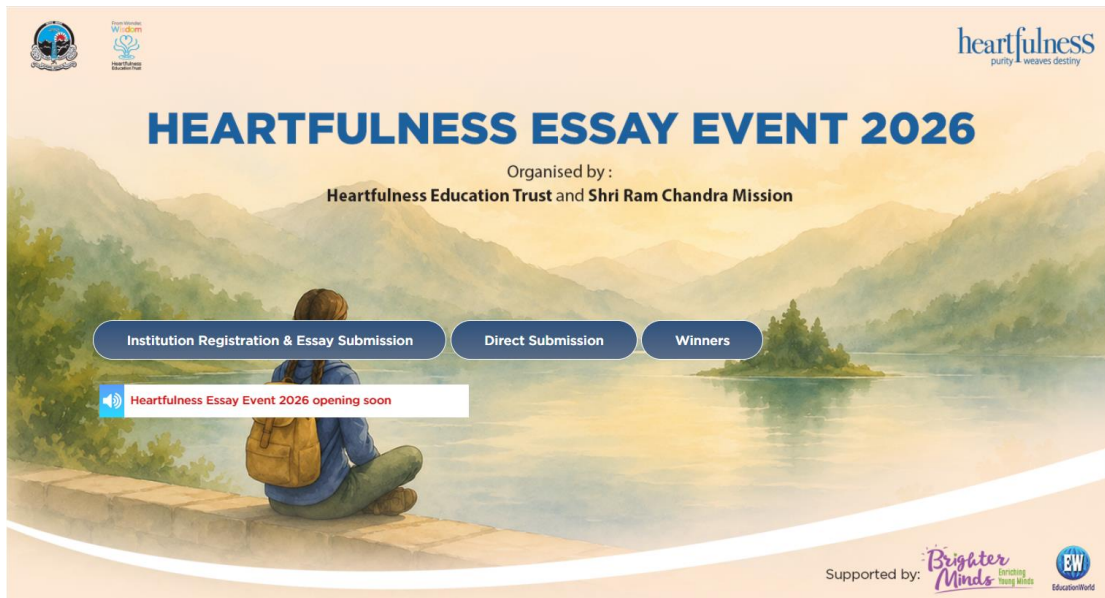
Category 2 (Ages 19–25): Essay must be within **750 words**.

Topic : Acceptance is a sign of evolution.

- f. Indicate the **total word count** at the end of the essay.
- g. Entries must **not** include any appeals, illustrations, or slogans.
- h. To fulfil the purpose of this Event, the essay must reflect the author's personal experience or views on the topic. **Originality and relevance of ideas to the topic carry the maximum weightage.**
- i. Essays plagiarized from books or the internet will be rejected.
- j. The filled **Participant information sheet must be scanned as the first page**, followed by the essay, and saved as a **single PDF file**.
- k. 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 /Docu Scan on your mobile to create and save the document as a PDF file.
- l. Ensure the file size is **under 3MB**.
- m. Scan the age proof document as a pdf file. Ensure the file size is under 1 MB.
- n. **Please ensure you have a good internet connection before you submit your essay. Use good Wifi/hotspot/Leased Line connection. Recheck all documents and their size before you submit your essay.**
- o. All the scanned pdf file must be submitted using the appropriate submission link on the website.
- p. **Essay by mail or post will not be accepted.**
- q. **After successful** submission, **note your Enrolment Number** displayed on the screen.
- r. Check if your institution has registered for participating in the Essay Event by searching the list of registered institutions on our website. If registered, confirm the mode of submission with your institution coordinator. You may either submit your essay using the link shared by your coordinator or hand in a physical copy with the filled Participant information.

s. You may submit your essay **Directy** ONLY if your institution is not participating or has not registered. Direct participants may upload their scanned documents after the Direct Submission link is activated. Upload of Age proof is mandatory. The file size of the age proof document must not exceed 1MB.

t. To submit your essay, click on the relevant submission tab on our website <https://hfn.link/essayevent>.



1. SUBMISSION OF ESSAYS THROUGH REGISTERED INSTITUTIONS

- a. The institution must register using the “Institution Registration & essay submission” tab on our website.

(Only the admin/coordinator is allowed to register the institution)

- b. To check if your institution is already registered, enter partial details and other mandatory fields marked with “*” and click the “Search” button.

INSTITUTION REGISTRATION FOR PARTICIPATION

Search/Check Participating Registered Institutions

Note:

1. Ensure your institution is not already registered before attempting to register it.
2. Only an authorised person from the institution should handle new registrations.
3. Use the provided search criteria to check the current registration status of your institution.
4. Submission links for online essay submission by students are sent to the registered email addresses of institutions.
5. Students should confirm submission procedures with their institution’s admin or coordinator for submitting their essay.

Search Institutions

Enter the Institution Name (full/partial) / ID for searching

Country of Institution

India

City/Village/Town

District

Kolkata, West Bengal

State of the institution

State Of The Institution

Search Clear

- c. Registered institutions matching the search criteria will be displayed. The participant information slip for the students may be downloaded by clicking on the download button provided against the institution.

Search/Check Participating Registered Institutions

Note:

1. Ensure your institution is not already registered before attempting to register it.
2. Only an authorised person from the institution should handle new registrations.
3. Use the provided search criteria to check the current registration status of your institution.
4. Submission links for online essay submission by students are sent to the registered email addresses of institutions.
5. Students should confirm submission procedures with their institution's admin or coordinator for submitting their essay.

Search Institutions

Enter the Institution Name (full/partial) / ID for searching

Country of Institution

City/Village/Town

State of the institution

India

Kolkata, West Bengal

State Of The Institution

Search Clear

Showing 1 to 1 of 1 entries (filtered from 4 total entries)

Search: james

Registration No	Institute Name	City/Village/Town	Institute Email	Institute Address	Coordinator Name
47	ST JAMES Download	Kolkata	vidya.subramaniam@heartfulness.org	24 DIAMON HARBOUR ROAD	GOPICHAND

Show 10 entries

Previous 1 Next

- d. If the institution is not listed, the admin/coordinator may click on "REGISTER NEW INSTITUTION " and enter the necessary details, to enable the students to participate.

REGISTER INSTITUTION FOR PARTICIPATION

Note:

1. Ensure your institution is not already registered before attempting to register it.
2. Only an authorised person from the institution should handle new registrations.
3. Use the provided search criteria to check the current registration status of your institution.
4. Submission links for online essay submission by students are sent to the registered email addresses of institutions.
5. Students should confirm submission procedures with their institution's admin or coordinator for submitting their essay.

Name of your Institution *

Address of Institution line 1 *

Institution Address line 2

Institute Phone No *

Country of Institution *

City/Village/Town of Institution *

District *

State of the institution *

India

If your city is not listed, please email the details to essayevent@heartfulness.org

Essay Event Coordinator Details :

Note: Please enter either Coordinator Email ID or Coordinator Contact Details

Coordinator Name

Coordinator Email ID

Coordinator Contact Details *

Coordinator Email *

- e. If your institution is registered, its details will be displayed. The participant must check with their institution coordinator to confirm the mode of submission. The institution may choose one of the following options:
- Share the online essay submission link with the Institute may share the link for online submission of essays with the students. **The link is sent to the institution's registered email address)**

- ii. Collect all the physical essays along with the filled participant information slip filled and upload them centrally using institution login credentials.

(For institution login credentials the administrator/ coordinator may write to: essayevent@heartfulness.org)

- f. To submit the essay, the student / institution must click on the essay submission link shared for their institution and enter all mandatory fields:
 - Participant Name
 - Father's/Mothers's/Gaurdian's name
 - Age
 - Gender
 - The participation category will be automatically selected based on the participant's age
 - Upload the scanned essay PDF. Ensure that the participation information slip is the first page of the file.
 - Ensure the document is correctly uploaded by viewing the preview and confirm.
 - Re-upload if necessary.
 - Tick on all the declarations
 - Review all entries and click on submit for submitting. **Changes will not be entertained after submission.**

A message confirming successful submission along with your enrolment number will be displayed. Please not it carefully for future reference.

2. SUBMISSION OF ESSAYS AS DIRECT PARTICIPANT

- a. Click on "Direct Submission" on our website.
- b. Fill in the Participation information details. All fields marked with * are mandatory.
- c. Enter participants E-mail address. The email addressed will be used for verification and future communication.
- d. Click on "Send Verification Code"
- e. A verification code will be sent to the entered email address.
- f. Check the inbox of the given Email address for the code. If you don/t receive it, check your spam/junk folder. Do not close the submission while waiting for the code. Keep your submission page active till you receive the code.
- g. Enter the verification code received in the designated field.
- h. Click Verify.

Language selected for writing essay*

English

Enter the participant email id for verification*

Send Verification Code

Please enter the Verification code sent to the Participant e-mail*

Verify

Upload participants essay*

Browse... No file selected.

Please upload your essay

Supported File Formate [jpg/ pdf]

Upload File Size Maximum 3MB.

Participants age proof

Browse... No file selected.

Supported File Formate [jpg/ pdf]

Upload File Size Maximum 1MB.

How did you know about event*

Select

- i. Upload your Essay PDF using the "Browse" option. Ensure the file size is under 3 Mb.
- j. Upload your age-proof document. (PDF under 1 Mb).
- k. From the dropdown, select how you heard about the event.
- l. Tick on the parental consent and declarations after reading them.

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

☐ Through the submission of this Essay, the author grants and assigns all proprietary rights (including copy-rights) to Shri Ram Chandra Mission. The assignment shall be deemed to be royalty-free, perpetual, worldwide and irrevocable. Shri Ram Chandra Mission may sublicense its rights through multiple tiers of sublicenses and may use, reproduce, create derivative works from, modify, publish, edit, translate, distribute, perform and display the communication or content in any media or medium, or any form, format or forum now known or hereafter developed *

☐ 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](#) of Shri Ram Chandra Mission *

☐ In case I am selected for an award I undertake to provide the proof of my age within the stipulated time.I understand that if I fail to do so I will not be eligible to receive the award *

I hereby confirm, all the entries made in the above form are correct * ☐ Yes

SUBMIT

No changes will be entertained after submission

- m. Preview and confirm the essay document.
- n. Double check all entered data. **Changes will not be entertained after submission.**
- o. Click on the Submit button
- p. A message confirming successful submission along with your enrolment no will appear on the screen. Note it down.
- q. An email confirmation with your the Enrolment Number will also be sent to your verified email. Save it for future reference.

For any clarification, you may write to **essayevent@heartfulness.org**