

heartfulness

HEARTFULNESS ESSAY EVENT 2026

Organised by :

Heartfulness Education Trust and Shri Ram Chandra Mission



✓ 7903375637 (Call)
✓ 8809811087 (WhatsApp)

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

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Minds





From Wonder, Wisdom
Heartfulness Education Trust

June 15, 2026

The Principal / Head of Institution

Dhruv Sang National School Deoghar

Sub: Heartfulness Essay Event 2026

Respected Madam / Sir,

Greetings from the Heartfulness Education Trust.

Education systems have been focusing on holistic development of our children across most parts of the world. It is now well recognized that along with cognitive faculties, intuitive abilities too must grow to facilitate socio-emotional learning and development of life skills amongst students to help them become balanced individuals. We at the Heartfulness Education Trust have been working for over a decade to develop curricular content and capacity building programs for educational institutions to enable them to deliver these aspects of education. Our proposal on Heartfulness Education Offerings for Schools is available on <https://heartfulness.org/education/training-and-curriculum> and for Colleges / Universities is available on <https://heartfulness.org/education/heartfulcampus>

One of the ways to enable development of socio-emotional learning and life skills is to encourage the process of introspection and reflection in young minds. We have been running an Essay Event for over 30 years which does just that. By selecting topics which draw the attention of the participants to core human values, we encourage them to understand and imbibe these values through a process of self-discovery. This is not an on the spot competition. The participants are permitted to research and discuss the topics but are required to pen down their own understanding of the topic. While originality is highly rewarded, plagiarized essays are rejected and do not qualify for even a Participation Certificate which is given to all essays which are valid entries in terms of the criterion set for the two categories of participation. All guidelines are provided in the attached Information Leaflet.

The Heartfulness Essay Event has been the flagship event of Shri Ram Chandra Mission and has been organized in collaboration with various prestigious organizations like The United Nations Information Centre for India and Bhutan (UNIC), UNESCO MGIEP and The COMMONWEALTH in different phases. The current year's Event is being organized at the Global Level for the fourth consecutive year.

We once again seek your support in reaching out to the eligible students of your esteemed institution and to encourage them to participate in this event. Kindly circulate the Information Leaflet and Event Poster widely. Please also visit our website hfn.link/essayevent to register for participation. Registration for participating in the Event is **free of charge**. Write to us at essayevent@heartfulness.org for any clarifications/suggestions.

Thanks and best wishes,

The Organizers
Heartfulness Essay Event 2026

Enclosed: Information Leaflet and Event Poster

Heartfulness Essay Event 2026

Organised by

SHRI RAM CHANDRA MISSION AND HEARTFULNESS EDUCATION TRUST

STEPS FOR INSTITUTIONAL PARTICIPATION

1. REGISTRATION BY INSTITUTION

Interested institutions to register for participation at



2. CONFIRMATION MAIL

A confirmation email along with the student submission link will be sent to the registered e-mail on successful registration.

Institution admin login credentials may be provided on request.



3. SHARE SUBMISSION LINK TO STUDENTS

The student submission link may be shared with all the students (Aged 14-25 years) of the institution.



4. WRITE AN ESSAY

The student write an essay on the topic specified for their age category, in any one of the languages offered.

The essay to be saved/scanned as a single PDF file. Max file size 3MB. Save Institution ID card as a pdf for proof document.



5. SUBMIT AN ESSAY

Online submission of the essay to be done by the student using the submission link shared by the institution.



6. AWARDS AND CERTIFICATION

For Students

Vinner and Runner up for all the languages in both the categories

Certificate with Rank for rank third to tenth or all languages in both the categories

Merit certificates 10% of essays shortlisted in each language

Participation Certificate for all participants



7. SELECTION PROCESS

Originality and relevance of ideas to the topic carry the maximum weightage.

For institutions

Appreciation Certification for all Participating Institutions.

Gold Appreciation Certificate : Essay submissions over 300 Essays

Silver Appreciation Certificate : Essay submissions over 200 Essays

Bronze Appreciation Certificate : Essay submissions over 100 Essays

LANGUAGES OFFERED

English, Hindi, Assamese, Bengali,
Gujarati, Kannada, Malayalam, Marathi,

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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.

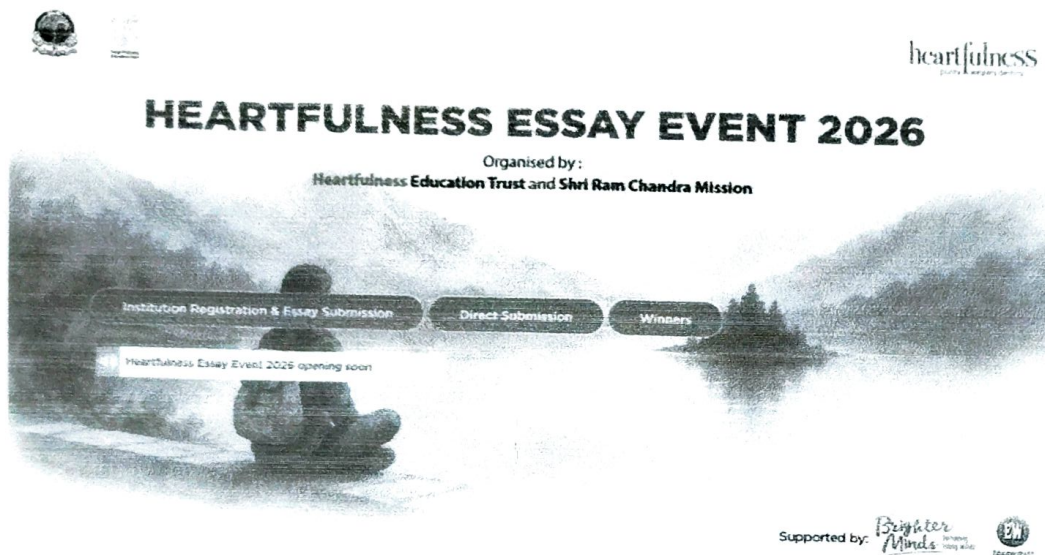
Category 2 (Ages 19–25): Essay must be within **750 words**.

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.

5. You may submit your essay **Directly** 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.

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



1. SUBMISSION OF ESSAYS THROUGH REGISTERED INSTITUTIONS

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

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

- 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:

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

Search Institutions

Enter the Institution Name (or part of it) as given in the

Country of Institution

City

City (State, Town)

Pin Code

State (or Country)

Phone Number (optional)

Registration Fee (if any)



- 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

State

City/Village/Town

District

Pin Code (Post Office Code)

State of the Institution

Country 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	Kolkata	vijaya.subramanian@gmail.com	24 DIAMOND HARBOUR ROAD	GOPICHAND

Show 10 entries

1

- 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

State

The above information will be used to send the details to the registered email address.

Country of Institution

Country of Institution

Essay Event Coordinator Details

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

Coordinator Name

Coordinator Email ID

Country of Institution

- 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)**

Language selected for writing essay*

English

Enter the participant email id for verification*

Save Verification Code

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

Upload participants essay*

Browse... No file selected

Please upload your essay

Participants age proof

Browse... No file selected

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 copyright) to Sri Ram Chandra Mission. The assignment shall be deemed to be irrevocable, perpetual, worldwide and exclusive. Sri Ram Chandra Mission may sublicense its rights through multiple tiers of sublicensees 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 _____ and _____ of Sri Ram Chandra Mission *

☐ In case I am referred 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

File Name: _____

- 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

झारखण्ड सरकार
स्कूली शिक्षा एवं साक्षरता विभाग
(माध्यमिक शिक्षा निदेशालय)

५७५.

राजेश प्रसाद, भागप्रबन्धक
निदेशक, माध्यमिक शिक्षा,
झारखण्ड, राँची।

ਸੇਵਾ ਸ਼੍ਰੀ

प्रशासी पदाधिकारी,
झारखण्ड शिक्षा परियोजना परिषद्,
झारखण्ड, राँची।
जमी जिला शिक्षा पदाधिकारी,
झारखण्ड।

रांची, दिनांक 13/08/2024

विषय :- Heartfulness Essay Event 2026 के संबंध में।

प्रदर्शन :- श्री मञ्जोत तिवारी, Coordinator, Team-Heartfulness Essay Event 2026 से प्राप्त ई-मेल दिनांक 05.08.2026

महाशयः

उपर्युक्त विषयक प्रासंगिक इ-मेल के माध्यम से Heartfulness Essay Event 2026 से संबंधित 1. Guidelines for submission and 2. Event Poster सत्यान करते हुए उक्त ज्ञानदरपक कार्यक्रम में संस्थापन विभाग अन्तर्गत योग्य छात्रों की भाग लेने के लिए प्रोत्साहित करने हेतु अनुरोध किया गया है। उक्त Event में भागीदारी एवं पंजीकरण पूरी तरह से निःशुल्क है।

अतः प्रासंगिक ई-मेल की ध्यापना संलग्न करते हुए अनुरोध है कि उक्त के आलोक में Heartfulness Essay Event 2020 में विद्यार्थियों को भाग लेने हेतु प्रोत्साहित करने के निमित्त आवश्यक कार्रवाई किया जाय।

अनुलग्नक :- यथोक्त।

विद्यारामाजन,

(राजेश प्रसाद)

निदेशक, माध्यमिक शिक्षा,
झारखण्ड, राँची।

NAME:- BEAUTY KESHRI

CLASS:- IX SEC:- 'A'

ROLL NO.:- 15

SCHOOL:- DEV SANGHA NATIONAL SCHOOL

ESSAY

NO ONE CAN HURT YOU

WITHOUT YOUR PERMISSION

"No one can hurt you without your permission" is a powerful thought that teaches us about self-respect, confidence and inner strength. It reminds us that although we cannot control what other people say or do, but we can control what we react to their words or actions.

In our daily lives, people may criticize us, make fun of us, disagree with us or even sometime discourages us. Their words may hurt us. But we should not allow their words to decide our values or destroy our ~~own~~ confidence. Other people's opinion are not always the truth about us.

Sometimes, even a small negative comments can stay in our minds for a long time. For example, if someone tells a student, "You can never score well", the student may start believing it and lose confidence. But instead of accepting such words, the student can think, "I may not have done well this time, but I can improve". In this way negativity can become motivation.

A ~~remarkable~~ remarkable real-life example is Dr. A.P.J. Abdul Kalam. He comes from a humble background and have faced many difficulties throughout his journey.

He also experienced ~~fail~~ failure when the first SLV-3 launch attempt was unsuccessful in 1979. It could have discouraged him, but he did not allow ~~them~~ his failure to destroy his confidence.

Instead, Dr. Kalam and his team learned from the experience and continued working hard. In 1980, the SLV-3 mission successfully placed the ~~sat~~ Rohini Satellite into orbit. He later, he became the most respected scientist and served as the president of India. His life taught us that "failure do not define us, our response to failure does".

The same lesson applies to criticism. We should not treat every criticism ~~to~~ as an insult. ~~at~~ Criticism helps us understand our mistakes and become better. We should accept useful criticism with an open mind, correct our mistakes and continue improving ourselves.

At the same time, we should learn to ignore unnecessary negativity. We do not need everyone's approval to feel confident. ~~at~~ Our worth should come from our characters, values, efforts and what we are becoming - ~~we sim~~ not simply from what others think about us.

This idea is especially important ~~from~~ for students. We may sometimes compare our marks, talents, abilities or achievements with others. Doing this, we feel less confident. We should do whatever we want to become. Instead of fear we should ~~to~~ have courage, and instead of feel ashamed we should feel confident.

However, this quote should not be misunderstood.

Being strong does not mean that silently tolerating bullying, insults, and unfair treatments. If someone ~~mist~~ mistreat with us. We should speak up and seek help from ~~other people~~ parents, trusted people, ~~school~~ teacher and respected adult. ~~we~~ Asking for help is not a weakness, it ~~is~~ is a responsible way for protecting ourselves.

The strength also does not mean that we never feel bad or ~~ashamed~~ disappointed. ~~We should~~ It ~~may~~ means that even when something hurts us, we do not allow that feeling to control our entire life. We ^{should} give ourselves time, learn from the experience, and find the courage to move forward.

In conclusion, "we can hurt you without your permission," teaches us to believe in ourselves and protect our 'inner strength'. ~~We should~~