



No: NO. 2247/2019

Date: 17.8.2019

All the UG and PG students of the College are advised to participate in the essay competition titled "Heartfulness Essay Event 2019" organized by Shri Ram Chandra Mission in collaboration with United Nations Information Centre for India and Bhutan and Heartfulness Education Trust.

Topic: All love is expansion, all selfishness is contraction (Swami Vivekananda).

Word limit: 750 words

Languages offered: (i) National Level: English, Hindi

(ii) Regional Level: Oriya

Last date of submission: 5th of September 2019

Hard copies of the essays must be submitted to Dr. Saroj Kumar Patra, Asst. Prof. of Physics for evaluation at the College level. Top 5 essays in each language will be selected at the College level and submitted for Regional level and National level evaluation.

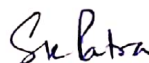
The detailed guidelines can be found in the College website: www.mpcautocollege.org.in

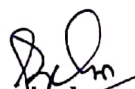

Principal 17.08.19.

M.P.C. Autonomous College,
Takhatpur, Baripada

Memo No. 2248/2019 Date 17.8.2019

Copy to Main Notice board / All HODs / Co-ordinator, Career and Counselling Cell / HC / D.A. for information and necessary action.


17/8/19


Principal 17.08.19.
M.P.C. Autonomous College,
Takhatpur, Baripada



UN Information Centre
New Delhi



From Wonder, Wisdom
Heartfulness Education Trust

HEARTFULNESS ESSAY EVENT 2019

Organized by
SHRI RAM CHANDRA MISSION
in collaboration with
UNITED NATIONS INFORMATION CENTRE FOR INDIA AND BHUTAN
And
HEARTFULNESS EDUCATION TRUST

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. 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 14 years. This year marks fifteen years of this partnership. It has been decided to name this event as the HEARTFULNESS ESSAY EVENT from this year on.

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. A program for training of teachers to enable them for delivery of Heartfulness Way education has also been launched. These programs are also being offered by SRCM to schools and colleges , besides the Essay Writing Event. Details are available on : www.heartfulness.org/education

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. We encourage you thus to begin the practice of referring to the heart early in life.

Topics:

Category 1 [Classes 9 to 12] Word Limit 500

The measure of intelligence is the ability to change. (Albert Einstein)

Category 2 [UG and PG] Word Limit 750

All love is expansion, all selfishness is contraction. (Swami Vivekananda)

LANGUAGES OFFERED :

National Level : **English, Hindi**

Regional Level: **Any one language from** Gujarati, Bengali, Kannada, Malayalam, Marathi, Oriya, Punjabi, Tamil, and Telugu as per state wise eligibility list.

Rules and Guidelines

- a. **The interested institutions will be required to register their participation.**
- b. In each State 2 or 3 language options will be offered which are locally relevant, out of the approved 11 languages. To find out about the option of languages offered to a participating institution, the students need to check with Essay Event Coordinator of their institution. State wise list attached.
- c. The institute needs to **register participation** in the link provided at www.heartfulness.org/essay-event. A mail of confirmation will be sent by the team once the authorization process is done. The details of the participants is required to be uploaded for the registration of the participants once the essays are written by the students.
- d. **All essays along with a complete list of participants** from a participating institution must be submitted to the institution's designated authorities by **September 19, 2019**.
- e. **The top 5 essays** need to be selected and marked in each language. The Participant Information Sheet duly signed by the candidate is to be submitted attached to the essay.
- f. All entries must be **on A4 size sheets**. Essays may be hand written in black or blue ink or computer typed in black in Calibri script in respect of essays in English and relevant script in respect of essays in Hindi and regional language. For all options only Font size 12 should be used. All entries must have the prescribed **Participant Information Slip firmly attached to them**. The participant must write the number of words on the last page and sign at the bottom of each page. Submitted entries must not bear any score or marks awarded at the institution level evaluation.
- g. Students are permitted and encouraged to read and research the topics. All submitted pieces must nonetheless be **the original work of the student** and any references or quotations therein must be duly acknowledged. Plagiarism from books or internet will not be viewed favorably.
- h. There are two categories of participation and students **must necessarily write on the topics given for their applicable category** only. They should write only in **one language**.
- i. The **word limit for Category 1 is 500 and Category 2 is 750** and must be strictly adhered to. Students must refrain from making illustrations/sketches of any kind.

To fulfill the purpose of this Event, the **essay must reflect the participant's personal understanding of the topic based partly on some of his or her own experiences**. Essays based entirely on material copied from books and internet are not desirable.

Essays must be submitted by participants to their school/ college coordinator. The institution authorities are required to submit or despatch the essays to our local representative :

Name of Local Representative : Dr. A. K. Biswal
Contact No of Local Representative : Professor
Local Address for Posting : Department of Botany
North Orissa University
BARIPADA
Mob. 9437230626

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

Prizes in each Category:

National Level: Top ten essays, written in **ENGLISH and HINDI**

State Level: Upto Top Ten essays in Regional Language (if applicable) in addition to essays in English and Hindi

Merit Certificates: An E-Certificate of Merit will be awarded to the selected essays shortlisted for state level.

Certificate of Participation : E-certificates will be awarded to all certified participants whose list is forwarded by the institution.

Sponsored Institution Award :

Diamond Award – to the Institution of the National Level First Prize Winners – **Rs. 75,000 (4)**

Platinum Award – to the Institution of the National Level Second Prize Winners – **Rs. 50,000 (4)**

Gold Award – to the Institution of the National Level Third Prize Winner – **Rs. 25,000 (4)**

Brighter Minds Commendable Initiative Award : To the top 5 institutions for highest number of participation – **Rs. 10,000 each**

Institution Appreciation Certificates :

Gold Institution certificate –Above 90% participation of students from the Institute.

Silver Institution certificate – 80-90% participation of students from the Institute.

Bronze Institution certificate - 60-79% participation of students from the institute.

Certified Evaluator Certificate : To teachers willing to help us by being a certified evaluators for the event. (Please contact our coordinator if you are interested).

Students may be required to undertake a telephonic interview to qualify for the final award. The Evaluation team will have the discretion to award or disqualify the essays received.

The certificates awarded will be certificates signed by the Director of the UNIC and the President of SRCM.

The Winners of First, Second and Third National level awards of both Categories will be invited on a paid trip to the inauguration of the Heartfulness Global Center at Kanha Shanti Vanam, Hyderabad in January 2020, along with one parent and the teacher or Principal from their institution. The awards to the student Winners and the Institution winners will be presented during the inaugural function in the presence of the 35,000 + gathering.

Important Dates

Last date for submission of essays by participants to their institution : **19 September 2019**

Last date for submission of all essays along with the selected top 5 essays by institution to SRCM coordinator : **30 September 2019**

Declaration of results: **December 2019**

HEARTFULNESS ESSAY WRITING EVENT - 2019

Detailed Evaluation Criteria

Introduction/Interpretation : Weight 10%

It is recognized that there may be many interpretation of each topic. The ability of the student to articulate her/his particular understanding of the topic will be evaluated. Importance will be given to the effectiveness of the opening to set the tone for the ideas to follow.

Structure and flow : Weight 10%

Continuity of ideas and smoothness of the transition between ideas will be evaluated

Language Weight : 10 %

Grammar spelling, clarity and style of expression will be given due importance.

Creativity/Originality :Weight 40%

The ability of the student to develop ideas based on her/his own analysis of the topic and originality of ideas presented would be rewarded. Participants are of the topic and originality of ideas presented would be rewarded. Participants are expected to use examples, real life observations, personal experience, and all other novel ways of expressing ideas. Excessive use of quotations/material from others and plagiarisms (material directly copied, excessively or without due credit) would be severely penalized.

Relevance :Weight 10%

The evaluators will look for now the ideas expressed are relevant to the topic and indicate an in depth understanding of the same.

Research/attention to details : Weight 10%

Special efforts undertaken to prepare for writing the essay would be rewarded – such as extensive research on various philosophies/ideologies relevant to the topic. The ability of the student to incorporate effectively ideas from outside sources would be evaluated. The depth in which ideas are expressed would also be rewarded.

Conclusion : Weight 10 %

The ability of the student to bring together the ideas expressed in the essay and articulate his/her opinion, stance, or learning clearly and effectively would be evaluated. An important criterion for evaluation would be to find out if the essay is barely a 'thought piece' or it contains a clear call to action.

HEARTFULNESS ESSAY WRITING EVENT 2019

Organized by
Shri Ram Chandra Mission, United Nations Information Center for India and Bhutan, and
Heartfulness Education Trust

PARTICIPANT INFORMATION SHEET

[to be filled in BLOCK LETTERS, signed by the participant and securely attached to the essay]

Name of participant : _____

Father's / Mother's name : _____

Date of birth (dd-mm-yyyy) : _____ Standard : _____

Full name and address of School / College : _____

City / Town : _____ State : _____ PIN : _____

Permanent address of participant : _____

City / Town : _____ State : _____ PIN : _____

Email ID : _____ Mobile / Tel : _____

Category 1 (Classes 9-12) ☐ Category 2 (UG / PG) (Tick in the box for applicable category)

LANGUAGE OPTED : _____ Unique Code: _____

[for official use only]

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.

Signature of Participant

1. This Slip must be securely fastened to the essay after filling all details.
2. The total number of words must be mentioned on the last page of the essay and must not exceed 500 for Category 1 and 750 for Category 2.
3. Each page of the essay must be signed by the participant
4. The essay is to be either handwritten in blue or black ink only with no illustrations OR computer typed in black color, in Calibri script, and font size 12 only.