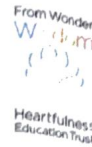


# HEARTFULNESS ESSAY EVENT 2022



Presented by



Organised by  
Heartfulness Education Trust  
Shri Ram Chandra Mission

in collaboration with  
United Nations Information Centre  
for India and Bhutan



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

Topic : Kindness is compassion in action

Supported by  

Education Partner



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

Theme: Rising with kindness

In phase one, the participant will need to look around their immediate living environment, identify a problem with complete analysis, ideally relate it to one or more of the Sustainable Development Goals of the UN and come up with an innovative solution with the details of resources and necessary funding.



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)