



Chowgule Education Society's

**Parvatibai Chowgule College of Arts and Science
Autonomous**

Accredited by NAAC with Grade 'A+'
Best Affiliated College-Goa University Silver Jubilee Year Award

Heartfulness Education Trust and Shri Ram Chandra Mission in collaboration with The Commonwealth is organizing Heartfulness Essay Event for the year 2024.

The topic for Category 1 (Ages 14-18) is 'When everything seems to be against you, remember that the airplane takes off against the wind, not with it. -Henry Ford'

Word limit is 500 and must be strictly adhered to.

The topic for Category 2 (Ages 19-25) is 'Resilience is accepting your new reality, even if it's less good than the one you had before.-Elizabeth Edwards'.

The Word limit is 750 and must be strictly adhered to.

Language options available are- Assamese, Bengali, English, Gujarati, Hindi, Kannada, Malayalam, Marathi, Odia, Punjabi, Tamil, Telugu.

Interested students may submit their essay by visiting the website hfn.link/essayevent

Last date for submission of essays is 30th August 2024

The Participant Information Sheet along with the guidelines for submission is attached herewith.

The concerned Department Head/ Incharge may kindly be informed in case of participation.

Note : Essay by mail or post will not be accepted.

PRINCIPAL