



THE HEARTFULNESS ESSAY EVENT-2024

Organised by :
Heartfulness Education Trust and Shri Ram Chandra Mission
in collaboration with The Commonwealth



Supported by:



TOPICS:

Category 1 (14-18 years) 500 words

When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. - Henry Ford

Category 2 (19-25 years) 750 words

Resilience is accepting your new reality, even if it is less good than the one you had before. - Elizabeth Edwards



For detailed guidelines please visit: hfn.link/essayevent

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