



heartfulness
advancing in love



The Commonwealth

HEARTFULNESS ESSAY EVENT 2025

Organised by :

Heartfulness Education Trust and Shri Ram Chandra Mission
in collaboration with **The Commonwealth**



Supported by:

**Brighter
Minds** Enriching
Young Minds



TOPICS:

Category 1 (14-18 years) 500 words

Individual evolution is not possible without the support of others.

Category 2 (19-25 years) 750 words

Being in tune with Nature is a prerequisite for human evolution.



For detailed guidelines please visit: hfn.link/essayevent

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