



The World's First School of Equanimity and Even-Sightedness (Dhyan-Kaksh), under the aegis of Satyug Darshan Trust (Regd.), invites you to participate in its

VALUE YOUR VIRTUES CAMPAIGN

(Awakening Character,
Conduct & Consciousness)

School of Equanimity & Even - Sightedness

DHYAN - KAKSH

[under the aegis of Satyug Darshan Trust (Regd.) Faridabad]



GUIDELINES

SPIRITUAL ELOQUENCE

SPIRITUAL ECHOES

Target Group and Eligibility

We invite entries for the following categories either in Hindi or English language:

A. Student Categories

1. Category 1: Ankur

- Eligibility: Students in classes 5th to 8th

2. Category 2: Pushp

- Eligibility: Students in classes 9th to 12th

B. Collegians & Non-Student Category

- Open Category: Drakhat
- Eligibility: Individuals aged 18 years and above from any college or profession.

Note:

1. Students applying in Categories 1 and 2 are not eligible to participate in the Open Category.
2. A school/college can nominate upto 5 participants per category for both the competitions.
3. A student is eligible to participate only in one competition either Spiritual Echoes or Spiritual Eloquence.

Coverage

Nationally: This contest welcomes participants from across India, encouraging entries from diverse regions and communities.

Language Choices

Hindi or English

Prizes & Recognitions (upto ₹ 3 lakhs)

School Level

- Certificate & Medal to the School toppers for best speech/best poem (only if the school nominates 3 to 5 participants)

City Level

- E-Certificate to all participants.
- Certificate and medal to the city-level winner.

State Level

- E-Certificate for all participants.
- Certificate of Achievement & Medal to the State-Level Winners.

National Level

- Participation Certificate for all participants.
- Trophy, cash prize and Certificate of Excellence to the National winners.

Cash Prizes in each category:

- 1st Prize: ₹ 21,000
- 2nd Prize: ₹ 11,000
- 3rd Prize: ₹ 5,100
- Jury's Choice Award : ₹ 2,100
(Might not necessarily be for each category)

Most Competitive School/College -The school participating in the entire suite of three and with the highest number of outstanding entries will be eligible for the trophy of "Best performing School".

NOTE : Students who make it to the National Level will be eligible for National-Level prizes only, not for city or state-level awards.

IMPLEMENTATION STRATEGY

Pursuit	Date	Details
Interactive Web cast 1	15th May 2026, Friday	Expert guidance on crafting speech and poem and key considerations for drafting.
Interactive Web cast 2	7th July 2026, Tuesday	Addressing your questions and concerns.
City-Level Video Submission Date	26th July 2026, Sunday	Last date for video submission. Late submissions will not be entertained.
City-Level Results	9th August 2026, Sunday	Announcement of city-level performance and State Level qualifiers on the website.
Interactive Web cast 3	12th August 2026, Wednesday	New guidelines pertaining to the State-Level Competition will be discussed in detail.
State-Level Virtual Contest	19th- 23rd August 2026 (wednesday-Sunday)	Virtual contest conducted at the State-Level. Schedule will be informed.
State-Level Results	25th August 2026, Tuesday	Announcement of National-Level qualifiers on the website.
National Level	6th September 2026, Sunday	Final contest at Satyug Darshan Vasundhara Auditorium, Greater Faridabad.
Prize Felicitation	7th September 2026, Monday	Prize distribution ceremony at Satyug Darshan Vasundhara Auditorium, Greater Faridabad.

LINK OF WEB CAST :

Note :

- The Zoom link remains same for all the webcasts.
- Visit our website www.dhyankaksh.org a day prior to the webcast to confirm the timing.
- The webcast will not be rescheduled, so mark your calendars accordingly.

Inviting applications at different levels

a. City Level

● Submission:

- Participants must submit their video using the following link:
- Participants in the specified categories must upload their video between 2-3 minutes in length.
- Do not close the window before complete submission of the form.
- Upon submitting the form, you will receive an instant acknowledgement confirming successful submission. It is advised to take the screenshot of the same.
- Video should be in mp4 format.
- Each student must make the video standing up, with at least their upper half body visible on the screen.

- School/Participant must provide complete and correct information while submitting the video.
- Details entered in the Video submission form will be used for certificate creation. No changes in the same will be entertained later on.
- Ensure that the application form is duly filled out and submitted by the specified deadline.
- There is no explicit registration process. Video submission will be considered as the registration only.
- **Advancement:** Between 0-7 top performing entries per city per category, that meet the evaluation criteria will be short listed to compete at the state level.

b. State Level

- **Presentation** : Selected participants will present their speech/poetry on a virtual platform.
- **Time Limit** : Between 4-5 minutes for speech.
Between 3-4 minutes for poem
- **Advancement** : Upto 3 top performers per state per category will be chosen to advance to the National Level.

c. National Level

- **Final Performance:** Qualified participants from the State-Level will perform on the grand stage of the Auditorium, Satyug Darshan Vasundhara (Regd.), Faridabad, Haryana.
- **Date:** 6th September 2026
- **Time Limit:** 4-5 minutes for speech
3-4 minutes for poem

Important Note:

* Detailed guidelines for the contests at various levels are provided in Annexure 2.

* More or less participants may be advanced to the State/National level as per Judge's discretion.

Selection of Judges

● Judgement Panel

- A bench of three judges will evaluate participants' performances across all levels of both the competitions, including City-Level Screenings.
- Efficacy of Judges:
- Judges will be distinguished professionals with expertise in various fields such as education, academics, history, development, social work, activism, and mass media.
- They will assess performances in both Hindi and English language.
- Objective: Ensure a fair and thorough evaluation of each participant's performance, drawing on the diverse experience and knowledge of the jury.

Topics and Guidelines

1. Refer Annexure 1 for Category-wise Topic Distribution

2. Guidelines:

Content Sources: Participants must select content exclusively from the prescribed PDF or provided booklets.

- PDF can be retrieved from the website:
- Each PDF includes a scanner link for video reference related to the topic.

Consistency: The topic and its structure must remain consistent throughout all levels of the contest.

- Participants are not permitted to change their topic once the contest has started.

Content:

- Participants may include verses, couplets, and real-life instances in their respective speech or poetry.
- Songs of any kind are prohibited.
- Poem cannot be a part of the speech.
- Poem must not break its rhythmic order.

Category - Wise Topic Distribution

Kindly acknowledge the scanner attached at the bottom of Annexure 1 for preparation of the topic.

or

Refer to the following link for the perusal of topics.

Category 1: Ankur (Class 5th to 8th)

1. संतोष एवं संतोष विकसित करने का साधन - Contentment & Means to develop Contentment -
2. धैर्य एवं धीर व्यक्ति की पहचान व धैर्य धारणा से लाभ - Endurance, The identity of an Enduring person and the benefits of adopting Endurance
3. सत्य एवं सत्यभाषी बनने की महत्ता - Truthfulness & Importance of being a truthful speaker
4. आत्मानुशासन एवं आत्मविजय - Self - Discipline & Self - Conquest
5. आत्मनिरीक्षण - Self - Introspection
6. आत्मिक ज्ञान एवं भौतिक ज्ञान में अंतर - Difference between Spiritual Knowledge and the Material Knowledge (The topic emphasizes that the key to living a positive life is to pursue detachment by mentioning the subtlety between material knowledge and spiritual knowledge.)
7. विचारशीलता एवं विवेक - Thoughtfulness and Discernment (This topic explains that Wisdom is the coordination of innate intelligence and pure emotion/notion which acts as a guiding instrument providing the right direction in the journey of life)
8. भाव एवं समभाव - Notion and Equanimity (The script delves into the concept of self-awareness and emotional balance emphasizing the role of notions and equanimous state of mind in shaping one's character and destiny)

Category 2: Pushp (Class 9th to 12th)

1. निष्कामता एवं निष्काम रास्ते की बाधा - Selflessness & Obstacles on the path of selflessness.
2. धैर्य का व्यावहारिक रूप - The Practical form of Endurance
3. परोपकार - Benevolence
4. प्राण को सम रखने की कला - Balancing & Harmonizing Life Force (The topic focuses on the four types of 'Pranas' and importance of maintaining equilibrium of life force to gain spiritual knowledge.)
5. विवेकशील मानव की पहचान - Recognition of a wise individual - (This topic delves into becoming such a person, understanding and recognizing your wisdom and develop a wise outlook towards life)
6. संकल्प स्वच्छ - Pure Intentions (The topic emphasizes the importance of maintaining a clean and noble mind, free from negative influences to achieve pure intentions.)
7. आत्मसंयम/आत्मनियन्त्रण - Self - Restraint / Self - Control (The essence of this topic is to align oneself with the divine principles ensuring that every thought, word and action is in harmony with the teachings of the divine will.)
8. आत्मज्ञान - Knowledge of the self - (This topic discuss about what self-knowledge is and every activity in this universe happens naturally because of an inner divine guidance and also one who knows themselves, knows the ultimate reality)

Category 3: Drakhat (Teachers/staff)

1. निज मानव स्वरूप की पहचान - Recognition of one's own human form (This topic emphasizes that humans are a supreme creation of God, possessing unique intellect and consciousness. It also touches on the omnipresence of God within and around us, guiding us to live a life of truth, righteousness and selfless service)
2. आत्मिक ज्ञान एवं भौतिक ज्ञान में अंतर - Difference between Spiritual Knowledge and the Material Knowledge (The topic emphasizes that the key to living a positive life is to pursue detachment by mentioning the subtlety between material knowledge and spiritual knowledge)

3. समबुद्धि एवं समभाव-समदृष्टि का व्यावहारिक रूप - Uniform mental state and Practical form of Equanimity and Even - Sightedness (This topic elucidates that the equanimous person remains steadfast in the state of supreme reality unaffected by grief and without desires or attachments, views everyone equally and treat all with respect and friendliness. It is practiced at home and eventually with continuous practice, it becomes daily routine and natural behaviour)
4. मौन एवं मौन का जीवन महत्व - The significance of silence & The importance of Silence in life (The topic states that by reducing mental noise and excessive speech, silence enables deeper reflection, better decision-making, and harmonious relationships and highlights silence as not mere absence of sound, but a conscious state of equanimity that leads to inner peace, wisdom, and a more purposeful life)
5. परोपकार - Benevolence (Benevolence is the conscious practice of goodwill, compassion, and selfless concern for the well-being of all. It reflects an equanimous state of mind where thoughts, words, and actions are guided by empathy rather than ego or judgment)

Detailed Guidelines

1. General Rules

a. Language:

- The medium of language for presenting the speech/poetry should be either in Hindi or English.

b. Topic:

- Participants will speak on one of the topics specified in Annexure-1.

c. Duration:

- The time limit of the speech should range between 4 to 5 minutes at State Level and National Level.
- The time limit of the poetry should range between 3 to 4 minutes at State Level and National Level.
- The time limit should be strictly followed at each level.
- Time limits will be strictly enforced, with a 30-second warning given at the State and the National level.

d. Delivery:

- Participants must memorize their speech/poetry.
- Reading from papers, notes, or the proposed book is not allowed.

2. Evaluation Criteria

a. Content:

- **Greeting & Introduction:** Begin with a greeting and introduce the subject.
- **Exposition:** Clearly present the main theme with conciseness and originality. Include personal references and quotations where relevant. Delivery of the content should be assertive yet modest. Any kind of obscenity will lead to disqualification.
- **Conclusion:** Summarize and conclude effectively.

b. Speaking Presentation:

- **Memorization:** Evaluation based on natural pauses and memorization.
- **Verbal Clarity:** Ensure clear enunciation, correct pronunciation, appropriate voice strength, and effective projection.
- **Presentation Style:** Assess mannerisms, audience engagement, and voice modulation. Maintain a dynamic speaking style that keeps the audience captivated.

c. Dress Code & Mannerisms:

- **Dress Code:** Participants under Non-School Category are required to dress up in neat & well-ironed formal attire. School students are required to wear their neat & clean school uniform.
- **Personal Hygiene:** Maintain good personal hygiene, including a neat haircut or hairstyle and appropriate grooming.
- **Mannerisms:** Display good manners and proper etiquette throughout the contest. Proper decorum should be maintained by the participants. Inappropriate behaviour with management, judges, or organizers will result in immediate disqualification.

3. Marking Criteria at City, State and National Level

Marks may be awarded as per the following criteria out of the marks allocated against each category:

S. No.	Marking Criteria	Number of Marks
1.	Content and Context	20
2.	Intonation	20
3.	Presentation skills Engagement	200
4.	Depth of Insight	20
5.	Creativity & Confidence	20
	Total	100

4. Judgement and Scoring

- The marks awarded by all three judges will be combined to determine the total marks for each participant.
- The average of these total marks will be the final score for each participant.
- A merit list will be prepared based on these final scores.
- Participants with the highest scores in order of merit will be declared as 1st, 2nd, and 3rd prize winners.
- Jury's Choice award subjects to the decision of the jury based on the performance.
- The decision of the judges will be considered final.

Miscellaneous Guidelines

1. There is no registration fee at any level.
2. Participants must ensure proper internet connectivity while appearing in the contest at State Level.
3. Participants in open category should carry their identity proof (Aadhar card, driving license, election card, etc.). Specifically, school students are required to produce their school i-card on the final judgement day.
4. All participants are expected to maintain decorum at the event venue.
5. Tampering with the provided content is strictly prohibited.
6. Speech must not show biasedness towards any caste, creed, religion, gender, or community.
7. The organization reserves the right to take appropriate action for any unethical, unprofessional, or immoral conduct.
8. In any situation not covered by these rules, the organization's decision will be final.
9. All contest-related information will be uploaded on the website www.dhyankaksh.org.
10. **Kindly submit the completed competition entry form, duly signed and stamped by your school, to the specified email address.**
11. For any questions or further information, please do not hesitate to reach out via email at (info@dhyankaksh.org) or call us directly at our helpline numbers.

8595070695 – School of Equanimity & Even-Sightedness

8383089072 – Ms. Rashmi Vij

9811468800 – Ms. Ankita Narang

Happy to assist you!