



PRESENTS  
**INTRA- SCHOOL  
POETRY RECITATION  
COMPETITION**  
Nurturing young minds



Program Brochure

**Spiritual  
Echoes**



कविता  
श्रुमन

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<https://bit.ly/3v408B2>

***"The children of today will make  
the India of tomorrow.  
The way we bring them up will determine  
the future of the country."***

To commemorate Children's Day  
**Dhyan-Kaksh**

School of Equanimity and Even-Sightedness

*presents*

## **Spiritual Echoes : Kavita Suman**

An Intra - School Poetry Recitation Competition.

This event encourages young poets to delve into the realms of spirituality, expressing their unique perspectives through the art of poetry. It aims to nurture a sense of peace, creativity and mindful expression, allowing students to reflect on their inner world and connect with the values of compassion, harmony and inner balance, aligning with the ethos of Dhyan-Kaksh.

The School of Equanimity & Even-Sightedness encourages creativity and self-expression among children through poetry, celebrating the spirit of Children's Day.

**"Let us together shape the lives of our future kind."**

**"In the right age, through spirituality's way,  
we make their lives guiding them forth to be virtuous  
and independent, becoming enlightened Satyugians,  
their true destiny meaningful, day by day."**

## CATEGORIES

### Classes 2 to 5

Time Duration : 1:30 to 2 minutes

Themes :

- \* आहार संयम (Restrained Diet)
- \* वाणी संयम (Restrained Speech)
- \* आत्म-नियंत्रण (Self-Restraint/ Self Control)
- \* आत्मनिरीक्षण (Self-Introspection)

### Classes 6 to 8

Time Duration : 2 to 3 minutes

Themes :

- \* भाव (Notion/Idea)
- \* समभाव (Equanimity)
- \* आत्म-संयम (Self-Restraint)
- \* निज मानव स्वरूप की पहचान (Recognition of one's own true human form)
- \* विचार (Thoughtfulness/Leading a rational life)
- \* आत्मज्ञान (Knowledge of the Self)

### Classes 9 to 12

Time Duration : 2 to 3 minutes

Themes :

- \* संकल्प स्वच्छ (Pure Intention)
- \* विवेक (Wisdom/Discernment)
- \* समदृष्टि (Even-Sightedness)
- \* शब्द ब्रह्म ओ३म् (Primordial Sound 'OM')
- \* आत्मज्ञान (Knowledge of the Self)

Refer to the following link for the perusal of topics: <https://dhyankaksh.org/books.php>

### HOW TO CONDUCT ?

1. A preliminary round may be conducted in the class in the activity period or on any day suitable as per the school's time table before 5th December
2. The school will select the best 7 entries in each category.
3. Submit the selected videos on the link provided latest by 5th December.
4. These entries will be scrutinized by the jury.
5. The winners will be awarded prizes.

Scan for  
perusal of topics



Scan for  
video submission



### RULES TO BE FOLLOWED WHILE SUBMITTING THE VIDEO

1. Do not close the window before complete submission of the form.
2. Video should be in .mp4 format.
3. Each student must recite the poem standing up, with at least their upper half body visible on the screen.
4. School/Participant must provide complete and correct information while submitting the video.
5. Details entered in the Video submission form will be used for certificate creation. No changes in the same will be entertained later on.
6. There is no explicit registration process. Video submission will be considered as the registration only.

*\*Dhyan-Kaksh reserves the right to disqualify any Entry for any reason, in its sole and absolute discretion.  
Odds of winning depend upon number of entries received.*

### JUDGEMENT CRITERIA

Performers will be judged on the following criteria

- a) **Depth of insight** - How deeply, the poem explores the spiritual theme.
- b) **Clarity of Expression** - Considers, how clearly the poet communicates the spiritual idea.
- c) **Emotion and Impact** - The impact the poem has on the reader/listener.
- d) **Clarity of Speech** - The reciter's pronunciation and enunciation should be clear, ensuring that every word is understandable.
- e) **Body Language and Presence** - Effective body language, eye contact, and a confident stance can enhance a recitation.

## MARKING CRITERIA

S. No.	Marking Criteria	Number of Marks
1.	Depth of Insight	20
2.	Clarity of Expression	20
3.	Emotion & Impact	20
4.	Clarity of Speech	20
5.	Body Language & Presence	20
	<b>Total</b>	<b>100</b>

## PRIZES

1. Participation Certificate to all the students selected by School faculty.
2. Medal and Certificate to the winners.
3. Certificate of Recognition to the participating school.

**Competition Highlight : Social Media Recognition to the School and Winners.**

## GENERAL RULES FOR ALL THE CATEGORIES

1. Poem must be memorized. Students will not be allowed to read poems written on paper or any device.
2. Poetry must not be copied from the internet.
3. The medium of language should either be Hindi or English.
4. Students must refer the content attached along with.
5. The final video must be made in the presence of school teacher/coordinator.
6. Students must wear school uniform and may hold prop pertaining to the content of the poem.
7. Song, bhajan, Shlokas are not allowed. Poems used in Bollywood movies are not allowed.

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**For more assistance, please contact**

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