



SPIRITUAL ELOQUENCE : International Open Oratory Contest

SPIRITUAL ECHOES : International Open Poetry Recitation Contest

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

Dear Students,

'Dhyan-Kaksh School of Equanimity and Even-Sightedness' is organizing 'Spiritual Eloquence & Spiritual Echoes', an Oratory and Poetry Recitation Competition. This event encourages young speakers and poets to delve into the realms of spirituality, expressing their unique perspectives through the art of Speech & 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.

Hence, to acquire the creativity, self-expression, confidence and mindfulness the following activities will be organized in school.

Resource material and detailed guidelines available on - www.dhyankaksh.org/value-your-virtues

Each PDF includes a scanner link for video reference related to the topic.

CATEGORY/CLASS	ACTIVITY	TEACHER INCHARGE
Ankur - Classes 5 - 8	<p align="center"><u>ORATORY CONTEST & POETRY RECITATION</u></p> <p><u>Themes:</u></p> <ol style="list-style-type: none"> 1.संतोष / Contentment-Definition 2.धैर्य / Endurance-Definition 3.सत्य / Truth-Truthfulness-Definition 4.सत्यभाषी बनने की महत्ता / Importance of being a truthful speaker 5.धर्म का विषय एवं उद्देश्य / Dharma (Righteousness) - Definition 6.निष्कामता / Selflessness - Definition 7.अभ्यास / Practice - explains that regular practice keeps an individual active in body and mind, protecting their personality from all weaknesses. <p>The medium of language should either be Hindi or English. Video submission should be in .mp4 format. Time Duration : 2 to 3 minutes</p>	<p>Ms.Sushmita Bhaskar /Ms.Anuradha</p> <p>Ms.Rohini Gautam</p> <p>Ms.Neelam Sehgal</p>
Pushp - Classes 9 - 12	<p align="center"><u>ORATORY CONTEST & POETRY RECITATION</u></p> <p><u>Themes:</u></p> <ol style="list-style-type: none"> 1.संतोष विकसित करने का साधन / Means to develop Contentment 2.धैर्य का व्यावहारिक रूप / The Practical form of Endurance 3.सत्य विकसित करने के साधन / Means of developing Truth 	<p>Ms.Bhavna Ramakrishnan</p> <p>Ms.Kamalpreet K Saini</p> <p>Ms.Pushpinder Kaur</p>

<p>4.सत्-संगति की महत्ता / The Importance of Association with Truth</p> <p>5.निष्काम रास्ते की बाधा एवं उससे उबरने की युक्ति / Obstacles on the path of Selflessness and ways to overcome them</p> <p>6.अभ्यास / Practice - explains that regular practice keeps an individual active in body and mind, protecting their personality from all weaknesses.</p> <p>7.अभ्यास सफलता का मूल / Practice is the key to success</p> <p>The medium of language should either be Hindi or English. Video submission should be in .mp4 format. Time Duration : 2 to 3 minutes</p>	
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GENERAL INSTRUCTIONS -

- Teacher Incharges to conduct above activities in their respective class, select and submit the best 3 entries in each category of both **ORATORY & POETRY RECITATION CONTEST** (Total 6 Entries Per Category)
- The last date for submitting the Video entries (vertical) in .mp4 format (Maximum File Size : 300 MB) to Ms.Pushpinder is 20 June ,2025 at the following E Mail ID - spiritualechoes92@gmail.com
- Each student must recite the Speech/Poem standing up, with at least their upper half body visible on the screen.
- The topic and structure must remain consistent throughout all contest levels.
- Verses, couplets and real-life instances are allowed in Speech or Poetry.
- Poem/Speech must be learned by heart. No paper reading allowed.
- Performers will be judged on- Depth of insight, Clarity of Expression, Emotion and Impact, Clarity of Speech, Body Language and Presence.
- Students must refer the content attached along with the above shared link.
- Speech/Poem must not show biasedness towards any caste, creed, religion, gender, or community.
- Students must wear school uniform. Song, bhajan, Shlokas are not allowed. Poems used in Bollywood movies are not allowed.
- Poem cannot be a part of the speech & Poem must not break its rhythmic order.

Soliciting active participation from all.

Regards

Suruchi Gandhi
(Principal)


Aishwarya Taneja
(Senior Headmistress)