

No. CF-71/22/2025-CF-DOP
Government of India
Ministry of Communications
Department of Posts
(IR&GB Division)

Dak Bhawan, Sansad Marg,
New Delhi-110001.
Dated: 29.09.2026

OFFICE MEMORANDUM

Subject: Universal Postal Union International Letter Writing Competition for Young People 2026 -reg.

The undersigned is directed to forward herewith three entries/composition of the National level winners (1st, 2nd, 3rd) of the above said competition along-with list of all National as well as circle level winners with the request to upload the same on the India Post website.



(Ankush Bhagat)
ADG (IM)

To

General Manager,
Centre for Excellence in Postal Technology (CEPT),
Bengaluru, Karnataka.

List of enclosures:

1. Entries/Composition of National level winners (1st, 2nd, 3rd)
2. List of all the National/Circle level winners.

सीएफ-71/22/2025-सीएफ-डीओपी

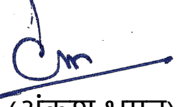
भारत सरकार
संचार मंत्रालय
डाक विभाग
(आईआर एण्ड जीबी डिवीज़न)

डाक भवन, संसद मार्ग,
नई दिल्ली-110001,
दिनांक: 29.09.2026

कार्यालय ज्ञापन

विषय: बालक/बालिकाओं के लिए यूपीयू अंतर्राष्ट्रीय पत्र लेखन प्रतियोगिता, 2026

अधोहस्ताक्षरी को निर्देश दिया जाता है कि वह उक्त प्रतियोगिता के राष्ट्रीय स्तर के विजेताओं (प्रथम, दूसरे, तीसरे) की तीन प्रविष्टियां/संरचना को सभी राष्ट्रीय और मंडल स्तर के विजेताओं की सूची के साथ इंडिया पोस्ट वेबसाइट पर अपलोड करने के अनुरोध के साथ अग्रेषित करें।


(अंकुश भगत)
एडीजी (आईएम)

सेवा में,
महाप्रबंधक,
डाक प्रौद्योगिकी उत्कृष्टता केंद्र,
बेंगलुरु

संलग्नकों की सूची:-

1. राष्ट्रीय स्तर के विजेताओं की प्रविष्टियां/संरचना (प्रथम, दूसरी, तीसरी)।
2. सभी राष्ट्रीय/मंडल स्तर के विजेताओं की सूची।

Annexure

List of National and Circle Level Winners of UPU International Letter Writing Competition for Younge People 2026

3 Winners (1st, 2nd and 3rd) at National Level

S.No.	Name of the Circle	Name of the winner	Position	Prize Money (in Rupees)
1	Tamil Nadu	Kavya Sri. K	First	50,000/-
2	Chhattisgarh	Manshi Kumari	Second	25,000/-
3	Tamil Nadu	Gereraj. A	Third	10,000/-

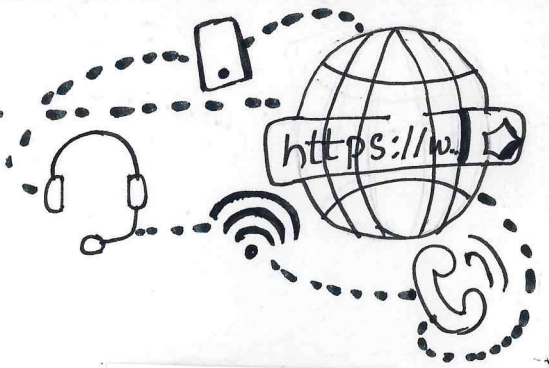
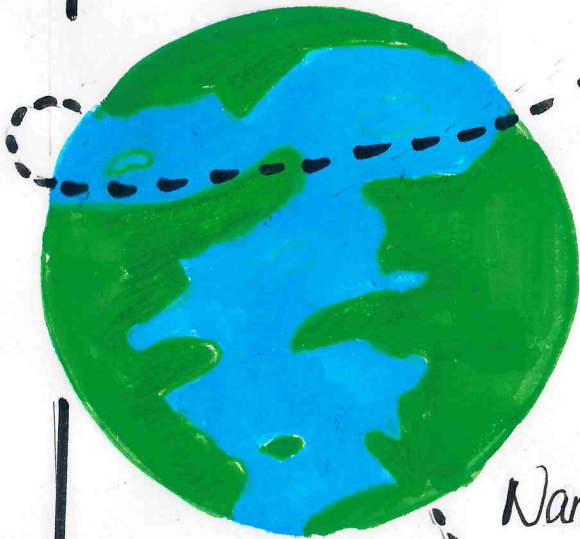
3 winners (1st, 2nd and 3rd) in each Postal Circle

S.No.	Name of the winner	Name of the Circle	Position	Prize Money (in Rupees)
1	Segu Venkata Nagasuma Gayathri	Andhra Pradesh	First	25,000/-
2	Priyanshi Singh	Andhra Pradesh	Second	10,000/-
3	Kuleti Bhavya	Andhra Pradesh	Third	5,000/-
4	Harshita Gayan	Assam	First	25,000/-
5	Darshita Deka	Assam	Second	10,000/-
6	Aradhya Jonak Saikia	Assam	Third	5,000/-
7	Suman Kumari	Bihar	First	25,000/-
8	Virat Kashyap	Bihar	Second	10,000/-
9	Aloki Gupta	Bihar	Third	5,000/-
10	Manshi Kumari	Chhattisgarh	First	25,000/-
11	Sumedha Singh	Chhattisgarh	Second	10,000/-
12	Ruchi Jaiswal	Chhattisgarh	Third	5,000/-
13	Saanvi Pathak	Delhi	First	25,000/-
14	Anshika	Delhi	Second	10,000/-
15	Titiksha Dhiman	Delhi	Third	5,000/-

16	Meera Parthiv Thakkar	Gujarat	First	25,000/-
17	Keshavi Dhruveshkumar Joshi	Gujarat	Second	10,000/-
18	Dikshit Taljabhai Rabari	Gujarat	Third	5,000/-
19	Vaishnavi Nayak	Haryana	First	25,000/-
20	Mihika Saini	Haryana	Second	10,000/-
21	Alisha Prakash	Haryana	Third	5,000/-
22	Anshika Pun	Himachal Pradesh	First	25,000/-
23	Virasat Bramta	Himachal Pradesh	Second	10,000/-
24	Maurya Sood	Himachal Pradesh	Third	5,000/-
25	Shah Mashel	Jammu & Kashmir	First	25,000/-
26	Jaskirat Singh Khalsa	Jammu & Kashmir	Second	10,000/-
27	Sharjeela Hamid	Jammu & Kashmir	Third	5,000/-
28	Tanusha G R	Karnataka	First	25,000/-
29	Muskan R	Karnataka	Second	10,000/-
30	Aadya D	Karnataka	Third	5,000/-
31	Aaditya R Pillai	Kerala	First	25,000/-
32	Shikha Mukil	Kerala	Second	10,000/-
33	Thanmaya Swaroop	Kerala	Third	5,000/-
34	Ojaswini Gupta	Madhya Pradesh	First	25,000/-
35	Jasmine Pradhan	Madhya Pradesh	Second	10,000/-
36	Dhruvika Gurung	Madhya Pradesh	Third	5,000/-
37	Nihira Nandu Sawant	Maharashtra	First	25,000/-

38	AaroHi Manoj Mestri	Maharashtra	Second	10,000/-
39	Purvi Pramod Dikkatwar	Maharashtra	Third	5,000/-
40	Thingbaijam Lanchenbi Chanu	North-East	First	25,000/-
41	Kenneth Ningthoujam	North-East	Second	10,000/-
42	Akshiti Deb Roy	North-East	Third	5,000/-
43	Pratikshya Sahoo	Odisha	First	25,000/-
44	Sayanshree Mishra	Odisha	Second	10,000/-
45	Shreya Mohapatra	Odisha	Third	5,000/-
46	Harman Bagga	Punjab	First	25,000/-
47	Arianna Jindal	Punjab	Second	10,000/-
48	Lavanya Bhandari	Punjab	Third	5,000/-
49	Pranjal Agrawal	Rajasthan	First	25,000/-
50	Praveeer Vardhamaan Mehta	Rajasthan	Second	10,000/-
51	Khushboo Badaulia	Rajasthan	Third	5,000/-
52	Kavya Sri. K	Tamilnadu	First	25,000/-
53	GereraJ. A	Tamilnadu	Second	10,000/-
54	S. Nisharthika	Tamilnadu	Third	5,000/-
55	T. Suchit	Telangana	First	25,000/-
56	Nimisha Ishwar	Telangana	Second	10,000/-
57	Tawade Bhumika Vijay	Telangana	Third	5,000/-
58	Saujanya Bhatt	Uttarakhand	First	25,000/-
59	Abhisri Parle	Uttarakhand	Second	10,000/-
60	Pranjal Saklani	Uttarakhand	Third	5,000/-

61	Sanvi Sharma	Uttar Pradesh	First	25,000/-
62	Naisha Tripathi	Uttar Pradesh	Second	10,000/-
63	Hemanshi Joshi	Uttar Pradesh	Third	5,000/-
64	Tshering Lhamu Bhutia	West Bengal	First	25,000/-
65	Tushar Jha	West Bengal	Second	10,000/-
66	Kavya Bharti	West Bengal	Third	5,000/-
67	Kritika Kushwaha	Army Postal Service	First	25,000/-
68	Aradhya Goswami	Army Postal Service	Second	10,000/-
69	Shaik Shaista	Army Postal Service	Third	5,000/-



Name: Kavya Sri

DOB: 30/11/2011

Sex: [Male / Female] ✓

Father Name: M. Kannan

Name of School institution:

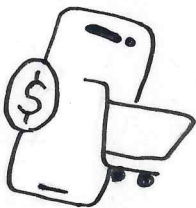
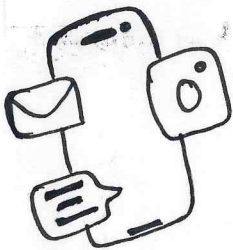
Velammal Bodhi Campus - Theni

Full postal Address: 44/19W

Varatharajapuram

Cumbum -
625516

East street





Calculator



Clock

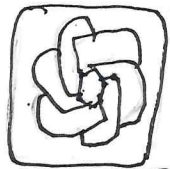


Pinterest



Messages

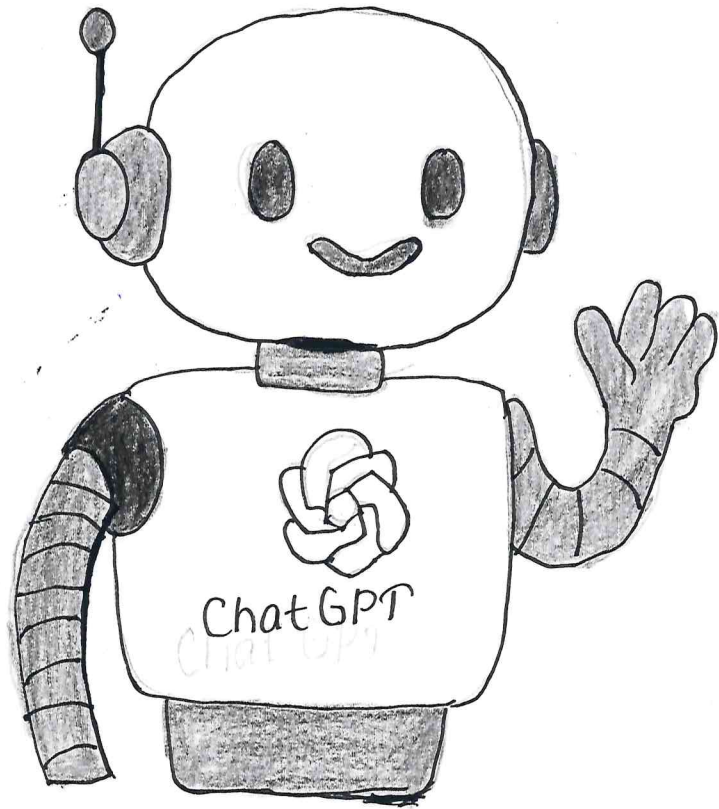
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chat GPT



Way to chat GPT
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Chat GPT



Topic: Human Connection matters in Digital World.

Emotional Anchoring?

1. In a fast-paced digital era, genuine human connection offers emotional grounding and stability. It keeps us steady amidst online chaos and social media overload.



Trust and Reliability

2. Human bonds are built upon trust, loyalty and dependability. Unlike fleeting online interactions, real friendships offer a shoulder to lean on and someone to rely upon.



Identity and Self-worth

3. Authentic relationships affirm intrinsic dignity and self-worth. They keep our feet firmly on the ground and keep us grounded in reality.





①

Dear Chum,

I trust this letter finds you in robust health and high spirits. Of late, I have been ruminating - indeed, quite earnestly - upon a matter of profound contemporary relevance: why does human connection remain indispensable in a civilisation increasingly mediated by digital apparatus? We inhabit an epoch distinguished by technological sophistication, where correspondence is instantaneous and acquaintanceships are cultivated through illuminated screens. Yet, not withstanding this unprecedented connectivity, a subtle yet persistent yearning for authentic companionship endures.

Digital platforms such as Instagram, Facebook and Whatsapp have revolutionised communication across both the United States (US) and the United Kingdom (UK). In American English, we often describe this as "staying connected", while in British English one might say we are "keeping in touch". Both expressions convey continuity, yet they do not fully encompass the depth of genuine human connection. Technology enables communication but it does not automatically create communion.





True connection extends beyond the exchange of information. It involves presence - an attentive, embodied engagement with another person. When we meet face-to-face, whether in a lively cafe in Chicago or a quiet garden in Oxford, we experience nuances that no screen can replicate. A smile that reaches the eyes, a reassuring gesture, a shared silence that requires no explanation - these subtle elements form the architecture of authentic relationship. They foster understanding not merely through words, but through tone, expression, and proximity.





While digital communication is efficient & convenient, it often compresses emotion into symbols. Emojis attempt to convey feeling; brief messages replace lengthy conversations. We may "like" a post or "react" to a story, yet such interactions seldom equal the richness of heartfelt discussion over tea or coffee. The American phrase "quality time" and the British expression "a proper catch-up" both imply intentional presence - time dedicated not to distraction but to listening and being heard. It is within such undivided moments that trust deepens and empathy flourishes.





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Moreover, human connection strengthens our emotional resilience. Numerous studies conducted in institutions from California to Cambridge affirm that supportive relationship provides reassurance during uncertainty and celebration during triumph. When we share our burdens, they become lighter; when we share our joys, they become brighter. The American idiom "a shoulder to lean on" and the British saying "someone to rely upon" capture this essential support. In both cultures, connection signifies stability.

Paradoxically, the digital age, for all its innovation, has coincided with rising feeling of isolation. One may accumulate hundreds of online acquaintances and yet feel profoundly alone. The curated images and achievements displayed online can foster comparison rather than comfort. In such spaces, individuals often present refined versions of themselves, carefully edited and selectively shared. Authentic friendship, by contrast, permits vulnerability. A trusted friend sees beyond appearances; they understand imperfections without judgement. In American parlance, they "keep us grounded" while in British usage they "keep our feet firmly on the ground". Such grounding protects us from the distortions of virtual validation.





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This is not to suggest that technology is inherently detrimental. On the contrary, digital communication has proven invaluable in bridging geographical divides. Families separated by oceans can remain intimately connected; opportunities for education and collaboration expand beyond national borders. During times of crisis, online platforms have mobilised support and disseminated vital information. The challenge, therefore, lies not in rejecting technology but in using it judiciously. Our devices should serve as instruments of connection rather than substitutes for it.

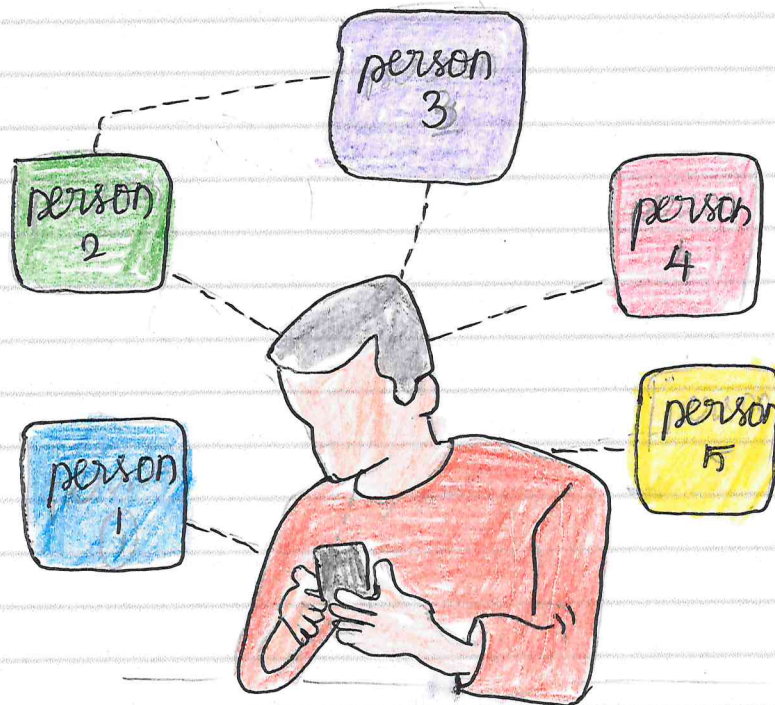
Genuine human connection requires effort. It demands attentiveness, patience, and a willingness to be present without distraction. It calls us to listen actively, to engage sincerely, and to prioritise people over notifications. When we choose to call instead of merely text, to visit instead of only message, we affirm the irreplaceable value of embodied presence. These deliberate choices cultivate relationships that are resilient rather than superficial.

As I write this letter, I am reminded that even written words - though conveyed digitally - can carry intention and warmth. It is





not the medium itself that determines meaning, but the spirit with which it is employed. A thoughtful message, a sincere inquiry, a reflective exchange can transcend screens which guided by authenticity. Nevertheless, no digital interaction can fully replicate the quiet reassurance of shared physical space - the unspoken understanding that arises when two individuals simply sit together and converse without haste.





7

In a world illuminated by screens and notifications, we must consciously preserve the sanctity of personal interaction. We must cherish shared meals, unhurried conversations, and those spontaneous encounters that remind us of our shared humanity. For it is within such experiences that we discover empathy, belonging, and purpose.

Human connection matters because it affirms our intrinsic worth. It reminds us that we are seen, heard, and valued not as profiles or usernames, but as complex individuals with stories and aspirations. Technology may accelerate communication, yet only genuine presence nurtures understanding. In both American and British expression, one might say that connection is not merely beneficial - it is essential.

I look forward to the day we may sit together, free from digital interruption and engage in a conversation that extends beyond the limits of any screen. Until then, know that your friendship remains deeply treasured.

Yours sincerely,
Kavya



Empathy and Compassion

True connection enhances empathy, allowing us to understand not just emotions.

It transforms virtual exchange into meaningful dialogue.

Digital Balance

Technology should function as a bridge, not a substitute for real companionship. Staying connected digitally never replace keeping up touch personally.

Sense of Belonging

connection provides a profound sense of belonging within communities & families. It reassures us that we are valued not merely as users.

Authentic Presence

Face to face interaction fosters authentic presence rather than curated personals. Real conversation, whether in a cafe

Human Connection matters in digital world.



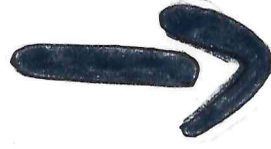
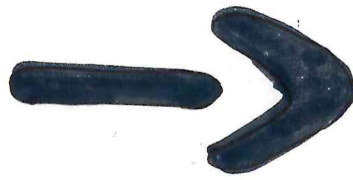
Increases in digital communication (messages, social media screens)

Fast and convenient interaction

Sharing emotions, understanding tone and body language

Google

Human connection in digital world matters



Healthy balance between technology and human connection

Face-to-Face Interaction and genuine conversation

Stronger relationships and emotional well-being.

ANSWER SHEET

FOR 2026 INTERNATIONAL LETTER WRITING COMPETITION FOR YOUNG PEOPLE HELD ON
15-03-2026 (SUNDAY) AT Head Post Office Near Nehru Chowk BILASPUR

Subject- "write a letter to a friend about why human connection matters in a digital world"

Name of Participant : MANSHI KUMARI
Roll Number : BSP/2026012
Date of Birth : 01/06/2011 : 14 Years 11 months 4 days DD/MM /YYY Y (Age as on 05-05-2026) 01/06/2011
Class & Section in which Studying : 9th
Name of School : Vivekanand H. S. School Janjgir
Address of the Participant : LIG 171, Din Dayal Colony, Khokhra, Janjgir - Champa C.G.

Signature of Invigilator

Signature of Candidate

वेक्टर भवन
छत्तीसगढ़, भारत

दिनांक - 15-03-2026,

प्रिय मित्र आदित्य,
सप्रेम नमस्कार,
आशा करती हूँ कि तुम स्वस्थ, और कुशल होगे।
आज मैं तुम्हें एक बहुत ही महत्वपूर्ण विषय के
बारे में बताना चाहती हूँ जो हमारे दैनिक जीवन
में ध्यान देना बहुत आवश्यक है - डिजिटल दुनिया
में मानव संबंधों का महत्व।

आज हम इस आधुनिक युग में तकनीकों के
माध्यम से एक-दूसरे से संपर्क कर सकते हैं।
मोबाइल, मेक-बुक, अदि के माध्यम से दूर रहकर

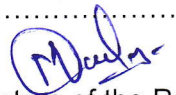
Signature of the Participant

ANSWER SHEET

FOR 2026 INTERNATIONAL LETTER WRITING COMPETITION FOR YOUNG PEOPLE HELD ON
15-03-2026 (SUNDAY) AT Head Post Office Near Nehru Chowk BILASPUR

भी एक दूसरे से बात कर सकते हैं। कॉल के माध्यम से एक-दूसरे की आवाज सुन सकते हैं और वीडियो कॉल के माध्यम से एक-दूसरे की तस्वीरें देख सकते हैं। कैमरा के माध्यम से तस्वीरें साझा कर सकते हैं। तकनीक के माध्यम से हमें दूर होकर भी ऐसा लगता है मानो हम साथ और पास हैं। हम अपने रिश्तेदारों, मित्र, परिवारों और प्रियजन का हाल-चाल पढ़ उन्हें अपने पास ही महसूस कर सकते हैं। सोशल मीडिया के माध्यम से हम एक दूसरे से जुड़े रह सकते हैं। तकनीक ने हमें काफी सुख-सुविधाएँ प्रदान की हैं जिससे माध्यम से हम एक-दूसरे से जुड़े रह सकते हैं। आदित्य आपसे बात करके खुशी होता है।

परन्तु तकनीक के साथ-साथ मानवीय संबंध भी अति आवश्यक हैं। ज्यादातर हम अपने भावों को सोशल मीडिया में इमोजी, लाइक, मैसेज, आदि के माध्यम से व्यक्त करते हैं लेकिन फिर भी हमें मानवीय संबंध की आवश्यकता पड़ती है जब आप परेशान हो तो बात करने के लिए कोई प्रियजन जब आप उदास हो तो मनाने के लिए कोई सखा-साथी मित्र, अगर गुस्से में हो तो आपको संभालने के लिए कोई, हर वक्त आपका साथ देने के लिए हमें जरूरत पड़ती है संगे-संबंधियों की। यह सभी के लिए सोशल मीडिया है लेकिन उसमें वह भाव कहां जो किसी प्रिय



Signature of the Participant

ANSWER SHEET

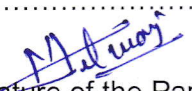
FOR 2026 INTERNATIONAL LETTER WRITING COMPETITION FOR YOUNG PEOPLE HELD ON

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जन के रहने पर मिलता है। जैसे कि मैं जब भी उदास किसी चीज से परेशान होता हूँ तो सबसे पहले मुझे आपकी ही याद आती है और मैं आपसे बात-चीत और समय व्यतीत कर खुश हो जाता हूँ और सहानुभूतिपूर्ण महसूस करने लग जाता हूँ।

मानवीय संबंध उतनी ही आवश्यक है जैसे कि मदनी के लिए पानी। बिना मानवीय संबंधों के जीवन जीना अत्यंत जटिल है। मानव का मानव के प्रति लगाव होता है दुःख-सुख में एक दुसरे साथ देना ही मानवता है। मानवता जीवन का सबसे महत्वपूर्ण पहलु है। बिना मानवता के मनुष्य कोतिहीन हो जाता है। अपने थगे-संबंधियों से मिलने, बैठने और एक साथ किसी बात पर चर्चा करना, हँसना खेलना जीवन का आनंद लेना अति आवश्यक है और इससे हमारा चित्त प्रसन्न एवं प्रफुल्लित हो उठता है।

बिना मानवीय संबंधों के अकेलापन सा महसूस होता है और कुछ बुरा हो जाने पर चित्त विषाद से भर जाता है और खुश रहते हैं तो वह खुशी किसी और के साथ बाँटने के लिए एक साथी की आवश्यकता होती है। तकनीक सिर्फ हमें जोड़ने का साधन है फिर भी हमें एक-दूसरे के साथ मिल-जुलकर रहने के लिए प्रयत्न की आवश्यकता होती है। है हमें एक साथ सामने-सामने बैठने


Signature of the Participant

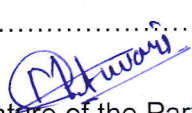
ANSWER SHEET

FOR 2026 INTERNATIONAL LETTER WRITING COMPETITION FOR YOUNG PEOPLE HELD ON

15-03-2026 (SUNDAY) AT Head Post Office Near Nehru Chowk BILASPUR

बात करे गाना गाने खेलने और ऐसे ही अन्य मनोरंजन के कार्य करने से मन की चिंता और दिल के मनोभाव और भी प्रबल और मजबूत होते हैं। तकनीक के माध्यम से भले ही हम एक-दूसरे से जुड़े हुए हैं पर वह भाव नहीं होता।

तकनीक के कारण लोग आपसी मेल-मिलाप को भूल से गए हैं। बंगाल में हमारे मित्र रहते हैं फिर भी हम उससे बात करने के बजाए मोबाईल खोल रिल्स, शोर्ट्स व अन्य चीजें देखने में व्यस्त हो जाते हैं। हमारे घर में अगर कोई मेहमान आता है तो हम उनसे मिलने, बात करने हालचाल पूछने के बजाय अपने कमरे में ही चुपचाप बैठी या सोए-सोए मोबाईल देखते रहेंगे और उन्हें अनदेखा, अनसुना कर देंगे। तकनीक ने हमें उसके अंदर ही घुँसे रहने में मजबूर कर दिया है और हम इसी के कारण बाहर की दुनिया से अलग हो नहीं हो पाते। जबकि बाहर की दुनिया इतनी खुनखुरत होती है और हम उस मोबाईल में ही बंद हो जाते हैं और इससे हमारे स्वास्थ्य पर बहुत बुरा असर पड़ता है और हमारा शरीर कमजोर होने लगता है और हमारी किसी चीज को जानने की इच्छा भी समाप्त हो जाती है क्योंकि जब हम अपने दोस्तों, साथियों या प्रियजनों के साथ बाहर ही नहीं


Signature of the Participant

ANSWER SHEET

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जाएँगे तो कुछ देख और महसूस नहीं कर पायेंगे।
तो हमारे मन में सवाल ही उत्पन्न नहीं होंगे।
और हमारी सोच विस्तृत नहीं हो पाएगी। हमारे
बुद्धि का विकास नहीं पाएगा। किताबी ज्ञान से
ज्यादा महत्वपूर्ण होता है वास्तविक अनुभवों
से ज्ञान अर्जित करना, इससे हमें ज्यादा और
सटीक जानकारी मिलती है, हमें सिर्फ कमरे के
चाहरदीवारी में बंद नहीं रहना चाहिए बल्कि बाहर
निकल दोस्तों के साथ बातचीत करना व खेलना
भी आवश्यक है। परिवर्तनों, प्रियजनों और मित्रों
के साथ रहने से मन का विश्वास और मनोबल
बढ़ता है और आत्मविश्वास जागृत होता है,
इसलिए मानवीय संबंध बहुत ही आवश्यक है।

अन्त में बस इतना कहना चाहूँगी कि तुम मेरी
बात पर जरूर ध्यान देना क्योंकि जब हम अपने
परिवार वालों के साथ बातचीत व मेल-मिलाप
करते हैं तो प्रसन्नता महसूस होता है तुम जरूर
इस विषय पर ध्यान देना। मुझे यकीन है कि
मेरी बातों ने जरूर तुम्हें इस विषय के प्रति
जागृत और आपको इस विषय के बारे में और
जानने की जिज्ञासा भी हुई होगी। आपके पत्र का
इंतजार रहेगा। आपके माता-पिता को मेरा प्रणाम
कहना और अनिशा दीदी के लिए ध्यान। आप हमेशा खुश रहें।
आपके पत्र का इंतजार रहेगा।

आपकी सखी

मानसी

1. - 25
2. - 25
3. - 24
4. - 22

95

Signature of the Participant

INTERNATIONAL LETTER WRITING COMPETITION



Name : A. Gurevay

Grade : VII - A

School : John Dewey Matric hr Sec School . Parsuti

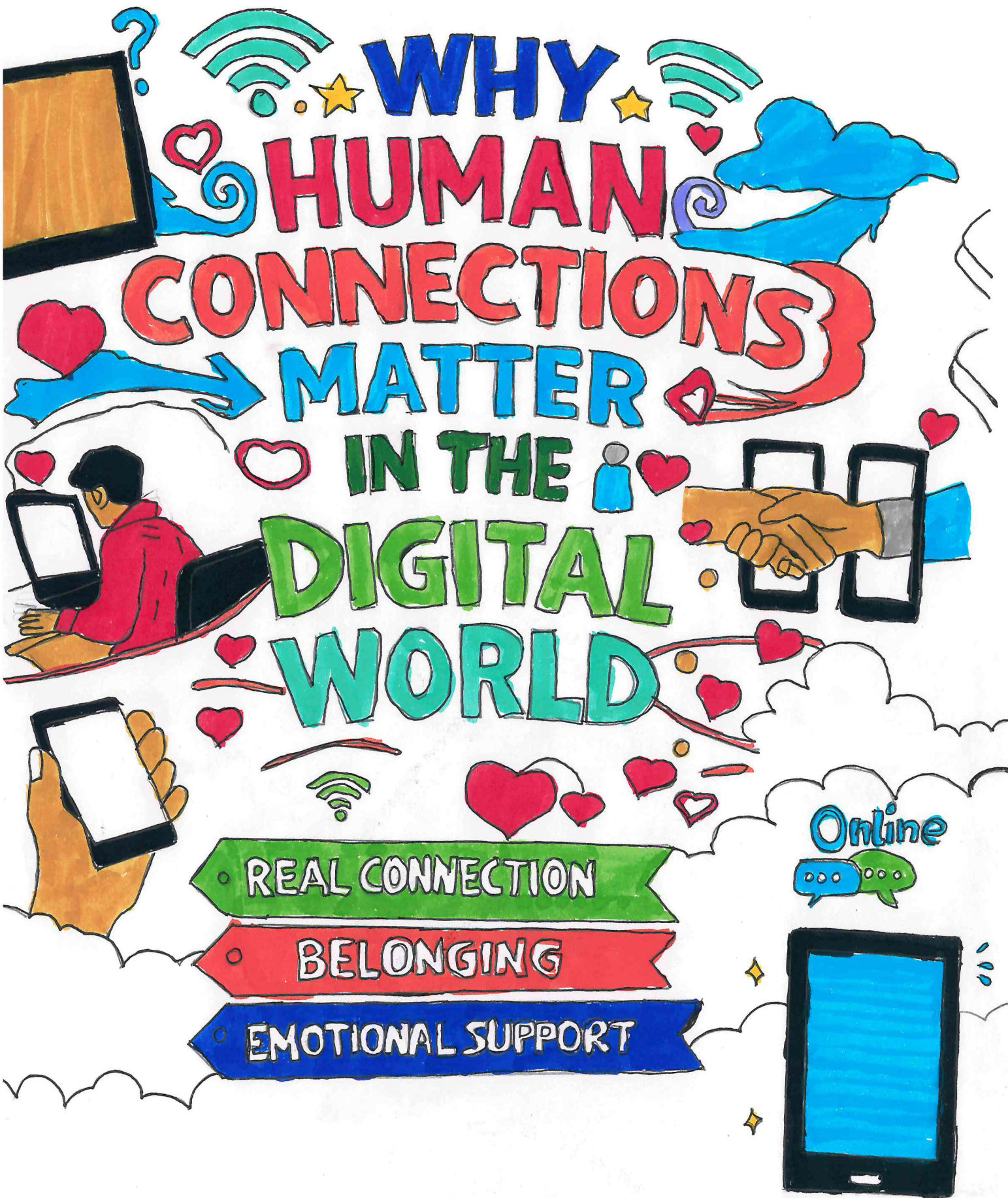
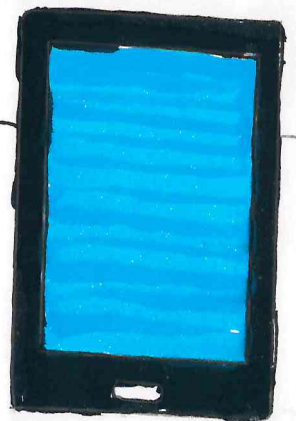
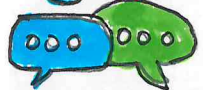
WHY HUMAN CONNECTIONS MATTER IN THE DIGITAL WORLD

• REAL CONNECTION

• BELONGING

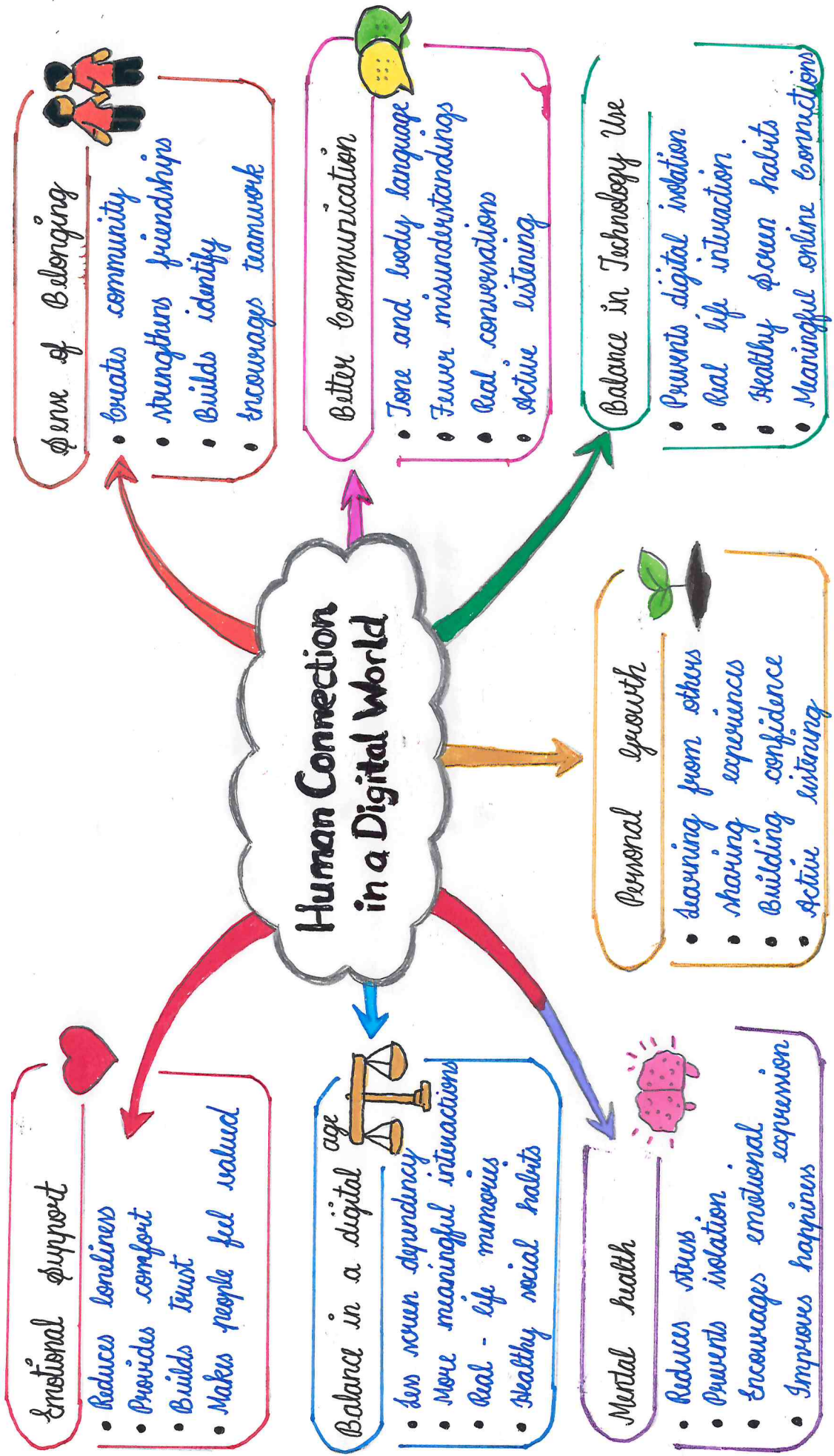
• EMOTIONAL SUPPORT

Online



Welcome





7

Why human connection matters in a digital world

25.2.2026,
Pannuti.

Dear Anshokan,

I hope this letter finds you well. Lately, I've been reflecting on how much our lives have shifted into the digital space. From the moment we wake up to the moment we fall asleep, screens surround us. We communicate through texts, voice notes, social media posts, video calls, and endless notifications. It's incredible how technology has made the world feel smaller and more accessible. We can talk to someone miles away as easily as if they were next door. And yet, despite all this connectivity, I sometimes feel that something essential is at risk of being lost - genuine human connection.

Human connection matters because it fulfills something deep within us that technology alone cannot satisfy. As humans, we are wired for relationships. We need to feel seen, heard, and understood. A message on a screen can communicate words, but it often misses the subtle things - the warmth in someone's voice, the way their eyes light up when they talk about something they love, or the comfort of simply sitting together in silence. These small, seemingly ordinary moments carry extraordinary meaning. They remind us that we are not alone in our experiences.

In a digital world, it's easy to mistake constant communication for true connection. We might exchange hundreds of messages in a day, but still feel distant from the people we care about. That's because connection is not measured by the quantity of interaction but by the quality of presence. When we are physically present with someone, we give them our full attention. We listen not just to respond, but to understand. We notice their expressions, their pauses, and even the emotions they don't put into words. That level of awareness strengthens bonds in ways that no emoji or reaction button ever could.

Another reason human connection matters is because it builds empathy. When we interact online, it's easy to forget that there is a real person behind the screen. Misunderstandings happen more quickly because tone and intention can be lost in text. In face-to-face conversations, we can read body language and hear the nuance in someone's voice. These cues help us respond with compassion and patience. They remind us that everyone is carrying their own struggles, hopes, and fears. True human interaction encourages us to slow down and treat each other with kindness.

The digital world also encourages comparison.

social media often shows curated highlights of people's lives - achievements, celebrations, carefully edited photos, and success stories. While there's nothing wrong with sharing positive moments, it can create the illusion that everyone else's life is perfect. Real-life connection, however, reveals the full picture. When we sit with a friend and talk honestly, we learn that everyone has insecurities, disappointments, and challenges. That shared vulnerability builds trust. It allows us to support one another authentically rather than compete silently.

Human connection also plays a powerful role in our emotional well-being. Studies and experiences alike show that meaningful relationships reduce stress, increase happiness, and even improve physical health. When we laugh together, our worries seem lighter. When we cry in front of someone who truly cares, the pain feels less overwhelming. Technology can offer temporary distraction, but it cannot replace the healing power of a genuine hug, a reassuring smile, or a heartfelt conversation.

At the same time, I don't think technology is the enemy. In fact, it can be a wonderful tool for maintaining relationships, especially when distance separates us. Video calls allow us to see loved ones who live far away. Messages can brighten

someone's day in seconds. Online communities can connect people with shared interests and experiences. The problem isn't technology itself - it's when we allow it to replace rather than support real connection. The goal should not be to reject the digital world, but to balance it with intentional, meaningful interaction.

I believe human connection matters most because it shapes who we are. Our relationships influence our values, our perspectives, and our growth. Through conversation and shared experiences, we learn empathy, patience, forgiveness, and understanding. We challenge each other's ideas, celebrate each other's successes, and provide comfort during failures. These exchanges help us become better versions of ourselves. Without them, life can feel flat and isolated, even if we are constantly "connected" online.

There is also something deeply comforting about knowing that someone chooses to spend time with you. In a world where attention is constantly divided by notifications and updates, giving someone undivided focus is a powerful act. It says, "You matter more than what's happening on my screen." That simple act of presence can strengthen a friendship more than any number of digital interactions.

I think about the moments we've shared - conversations that lasted longer than we expected, laughter that made our stomachs hurt, serious talks that helped us see things more clearly. None of those moments could have been fully captured in a message thread. They existed in real time, shaped by our reactions, emotions, and shared energy. These are the memories that stay with us.

As our world continues to evolve, I hope we never lose sight of what makes us human. We are social beings, meant to connect in ways that go beyond pixels and profiles. While digital communication will continue to play a major role in our lives, it should enhance our relationships, not define them. Real connection requires effort - choosing to meet, to listen, to understand and to care deeply.

I'm grateful for our friendship, not just for the messages we exchange, but for the genuine connection we share. In a world that often feels rushed and virtual, friendships like ours remind me that real presence still matters. No matter how advanced technology becomes, nothing can replace the warmth of true human interaction.

Thank you for being someone I can connect with beyond the screen.

With appreciation
A. Gowraj

Feedback ::

Dear Sir / Madam

I would like to share my feedback about the letter writing competition conducted

The competition was organized very well. The instructions were clear and easy to understand. You explained the rules properly, which helped all the participants feel confident before starting.

The time given was sufficient, and everything was managed in a smooth and disciplined manner. The environment was calm and encouraging, which helped us focus on our writing.

Thank you for giving us this wonderful opportunity to improve our writing skills. I really enjoyed participating in the competition.

Yours sincerely
A. Geraaj

Thank
You!

