



VAIDYARATNAM P.S. VARIER'S
ARYA VAIDYA SALA, KOTTAKKAL

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Vaidyaratnam
P.S. Varier

ESSAY COMPETITION FOR “VAIDYARATNAM P.S. VARIER AWARD” - 2021

Rules and Regulations

1. The award is known as “**Vaidyaratnam P.S. Varier Award**”.
2. The subject for the Essay Competition is “**Clinical application of Rasayana in modern times**”.
3. Two prizes, the first prize of Rs. 25,000/-, and a second prize of Rs. 15,000/- will be awarded to the authors of the best two essays according to the order of merit adjudged by a committee of judges appointed by Arya Vaidya Sala. If more than one essay is recommended for the first place, then the entire sum of Rs. 40,000/- (amount for I and II prizes) will be divided equally between the two contestants and there will be no second prize as such. In case of a similar instance regarding the second prize, Rs. 15,000/- earmarked for the second prize will be divided equally between the two contestants.
4. The essay must be prepared in English or Malayalam, based on Ayurvedic principles. It must cover at least 15,000 words and should not be more than 22,000 words. It should be in Times New Roman 12 size font in A4 pages. (tables and pictures extra). The essays must be neatly typewritten on one side of the paper. An abstract not exceeding 800 words with the index of all references made in the essay with page numbers of the books concerned must be appended to each copy of the essay. Essay should contain introduction, main body, discussion, conclusion and reference (Vancouver style). Do use relevant English terms for the Sanskrit ones, while writing in English.
5. The essay must be the basic and original work of the author. It should reflect the outcome of researches in the subject concerned. An essay for which a prize has been awarded elsewhere, should not be submitted.

Any Ph.D./M.Phil. thesis or any paper prepared in connection with the award of any degree should not be submitted. A declaration to this regard should be submitted with each entry.
6. The name and address of the author should not be mentioned anywhere in the essay. The name, address, contact number, email address and other details if any shall be mentioned in the covering letter.
7. Four copies of the work in neatly bound are to be sent by registered post A/d or speed post to “The Managing Trustee, Arya Vaidya Sala, Kottakkal (P.O.) 676 503, Malappuram (Dist.), Kerala and super-scribed “Essay Competition”. It must reach here on or before **30th April 2021**.
8. The works not selected for awards will normally be returned to the authors. But Arya Vaidya Sala does not take it as a binding responsibility. The authors are, therefore, advised to keep a copy of their essay for themselves.
9. The copyright of the prize-winning essays shall vest in Arya Vaidya Sala, Kottakkal.
10. If no essay is worthy of the Award, it is upon the authorities of Arya Vaidya Sala to withdraw the prizes for the year.
11. The decision of Arya Vaidya Sala Trust Board will be final in all matters relating to the competition.

Kottakkal
10.02.2021

Managing Trustee