

**GUIDELINES FOR PARTICIPATION IN ESSAY COMPETITION ORGANIZED BY**  
**MADR-E-MEHARBAN CAMPUS OF HEALTH SCIENCES,JAMMU**

- 1. Mode of Submission :** The essay must be submitted online only through the official platform provided by the organizers Google Form. Hard copy submissions are not allowed.
- 2. Topic Adherence :** Participants must write the essay strictly on the given topic. Essays not related to the prescribed topic will be rejected.
- 3. Eligibility / Participants :** Under Graduate students (Completed/pursuing) from **Pharmacy/ Nursing/ Paramedical** Courses from the **State of Jammu & Kashmir** are permitted to participate, and only one essay per participant is allowed.
- 4. File Format :** The essay must be submitted in PDF format only. Word file format (.docx), image, handwritten, or scanned files will not be accepted.
- 5. File Naming Format :**  
The file should be named as:  
ParticipantName\_EssayCompetition.docx
- 6. Formatting Guidelines**  
Font Style: Times New Roman  
Font Size: 12  
Line Spacing: Single  
Paper Size: A4  
Margins: 1 inch on all sides
- 7. Word Limit:** Participants must strictly follow the prescribed word limit of 1500 words only. Essays exceeding or falling short of the specified limit may be disqualified.
- 8. Language and Originality :** The essay must be written in clear and correct English. The content should be original. Plagiarism or copied content from any source is strictly prohibited.
- 9. Structure of the Essay**  
The essay should be well-organized and include:  
Introduction  
Main Body  
Conclusion
- 10. Personal Details :** Participants should mention their name, class/course, institution, and contact details only in the online submission form, not inside the essay, unless specifically instructed.
- 11. Submission Deadline:** The essay must be uploaded on or before 20-02-2026 Late submissions will not be considered under any circumstances.
- 12. Evaluation Criteria :** Essays will be evaluated based on relevance to the topic, clarity of ideas, logical flow, originality, language proficiency, and presentation.
- 13. Awardee Presentation Guidelines :** The awardees shall be required to deliver a speech on 05-03-2026. The time limit for the speech will be 20 minutes, which must be strictly adhered to.