

Guidelines, Terms and Conditions for Essay Writing

Category	Undergraduates, Faculty of Allied Health sciences
Themes	01. Significance of Nutrition in sporting performance 02. Discuss pharmacological basic of modern drug use in sports 03. Sport plays major role in building foundation of the individual personality. 04. Stay active during the COVID-19 pandemic.
Guidelines	01. All the essays should follow the given format <ul style="list-style-type: none">• Font – Times New Roman• Topics – Font size 14• Body – Font size 12• Word Limit - 1000 02. Only the students of faculty of Allied Health Sciences can participate for the competition. 03. One participant can write using only one topic 04. Essays should be submitted as a PDF file to the given Google link on or before the deadline. http://Fahssa.ruh.ac.lk 05. The essays must be in the English language. 06. Essays must be original and unpublished. Plagiarized entries will be rejected. 07. Essays must be written by one person. Co-authored essays are not accepted. 08. The author (Name with initial, University registration number, academic year and the Department) details should be mentioned bottom-right corner of the Essay. 09. Winners will be selected by sports coordinators in faculty of Allied health Sciences and will informed via email.
Deadline	Entries must be received on or before 10th of november 2021
Awards	1. First place, second place and third place will be selected and certificates will be given 2. Appreciation certificates will be given to another 20 participants
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