

### **List of shortcomings observed in the essays**

1. None of the essay has covered all expected topics as declared in the brochure. The participants should have covered all topics as per the announcement.
2. The concept of health in other contemporary healthcare systems has not been mentioned effectively.
3. Components of health and their importance have not been discussed with references of reported literature.
4. The authors were unable to apprehend the concept of health in totality. Mere compilation of material was observed in most of the essays.
5. There is lack of effective discussion on practical guidelines in present day context to implement the Ayurvedic concepts of health in terms of daily regimen (dinacharya), seasonal regimen (ritucharya), ideal code of conduct (sadvritta and achara rasayana), application of Panchakarma procedures as preventive measures to lessen the susceptibility towards that particular dosha related disorders. Practical guidelines should have covered feasible items from daily regimen (dinacharya) and seasonal regimen (ritucharya) in today's scenario.
6. Applied research on prevention and protection of health subjects is very weak in most of the essays. "Health Research" is not considered by any of the contestant. Research on Rasayana was missing. Lots of research is done clinically and experimentally on Rasayana for preservation and promotion of health, and prevention of disease as well. But those researches were found missing in the text in most of the essays. Recent advances in terms of scientific researches on various Ayurvedic concepts and drug research have not been included. Applied researches for preventive, promotive and curative purposes and as future strategy as well, to achieve the goal of health and wellness are not quoted.
7. Prevention of occurrence and recurrence of disease was discussed only in few essays, but not satisfactorily.
8. Model Health Care System and its propagation, its feasibility, accessibility, affordability issues are not effectively discussed in the essays.
9. Recent developments in health research, strategies of preservation of health and a clear rational message is not observed in any essay.
10. The overall essay should have covered personal and public health, which is lacking grossly in all essays.

11. Standard use of language which can be understood by international community is not observed. Sanskrit terminologies were widely used, which was not advised. Use of graphics and scientific data is not observed.
12. The essays with more than 5% plagiarism were rejected in the first round of scrutiny. Plagiarism is not accepted in this essay competition.