

विश्व आयुर्वेद परिषद्

VISHWA AYURVED PARISHAD



A Non Government Voluntary Organisation for
Re-establishment of Ayurveda to its Past glory
Website : www.vishwaayurveda.org

Dr. GANGA SAHAY PANDEY MEMORIAL

All India Essay Competition-2024 (For U.G. Ayurveda Students)

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Convener

Dr. Ganga Sahai Pandey was one of the renowned personalities of Ayurveda. After completing his A.M.S. Degree from Banaras Hindu University in 1945, he served in the Department of Kayachikitsa in the same University. His prestige and glory as a renowned physician spread beyond the domains of Purvanchal at National and International levels. He was the member of Academic council of B.H.U and also served the humanity and Ayurveda as a president of Akhil Bhartiya Vaidya Parishad. He was honoured by "Sahitya Academy Award" and "Mangala Prasad Paritoshik Award" for his incredible contribution in the field of Ayurvedic Literature. His immense depth of knowledge about the subject can be visualized in his important scriptures on Kayachikitsa. He also edited fundamental treatises of Ayurveda like Charaka Samhita, Gadanigraha, Bhavaprakasha Nighantu and Ayurveda Pradeep. In the auspicious memory of such a laureate personality, Vishwa Ayurved Parishad organizes an essay competition every year among undergraduate students of Ayurvedic colleges of India continuously for last 16 years.

Dear Students,

Ayurveda, the heritage Indian system of medicine, emphasizes the importance of understanding one's unique body constitution i.e., Prakriti. This concept is axis of Ayurveda practice, playing a crucial role in health maintenance, prevention and management of disease. The Prakriti of an individual is determined at birth and remains constant throughout life. It encompasses the physical, psychological, and behavioural traits that define a person's constitution, which can be categorized into three primary types: Vata, Pitta, and Kapha. Each of these Doshas represents different elements and functions within the body, influencing a person's predisposition to various diseases, their response to environmental factors, and their overall well-being. This is high time to explore how the principles of Prakriti can be applied in our modern lives. How understanding of individuals constitution can enhance personal health, inform lifestyle choices, and promote wellness in today's fast-paced world. The following topic is open for rational & essential ideas in the form of an essay in Hindi or English, to explore & articulate the Relevance of Prakriti Parikshan in Promotion of Health and Management of Disease.

"स्वास्थ्य संरक्षण एवं रोगों की चिकित्सा में प्रकृति परीक्षण की प्रासंगिकता"

Relevance of Prakriti Parikshan in Promotion of Health

and Management of Disease.

Dr Sanjeev Kumar
Jt. Organising Secretary
09451108691

Dr Anubha Srivastava
Jt. Organising Secretary
094152 56935

Dr. Manish Mishra
Organising Secretary
09415896482

Dr. Kamlesh K. Dwivedi
Chairman, Scientific committee
09336913142

Copy to:

- 1- Director/ Dean/ Principal, All Ayurvedic Colleges of India, with a request to convey the message among students.
- 2- State Jt. Organizing Secretaries for wide circulation and necessary action.

Dr. Ganga Sahay Pandey Memorial All India Essay Competition-2024 (For U.G.) Ayurved Students

Rules and Regulations

After proper reviewing of the essays, the central specialist committee will honour each winner with a citation, **Gold medal** with cash prize of Rs.15,000/- to the best essay, **Silver medal** with cash prize of Rs.11,000/- to 1st runner up and **Bronze medal** with cash prize of Rs.7,500/- to 2nd runner up in a special function that will be organized in Varanasi.

- All the studying B.A.M.S. students (including internees) can participate in this essay competition.
- Essay should be Single authored, in PDF format; having font size 14 with 1.5 spaces. It should be in Hindi (**Font- Krutidev- 010/ Google Input Hindi Font**) or English (**Font-Times new Roman**) having not less than 1500 words (Maximum 10 pages). The identity of the candidate including name, name of the institution or any other details should not be revealed anywhere in the essay.
- All the essays should be sent along with the scanned copy of the “**Registration form**” attached here with, filled and **dully attested** by Principal/State/Joint Organizing Secretary to certify that the participant is a regular student of particular institution.
- The essay along with registration form should be attached as separate file in the same E-mail and sent to the following Email I.d. : dgsp.vap@teamvaruna.in**
- Only essays received through email will be entertained.**
- The last date for receiving the Essay is 31st October 2024**
- The essays will be evaluated by a panel of judges after coding and the decision of panel will be full and final.
- Awarded essays will be published in Journal of Vishwa Ayurveda Parishad.
- Student who received prizes in previous years' competition, are requested not to apply.**
- The winner will be provided fair of IIIrd AC train by shortest route and moderate accommodation.

For more details and updates on the event, contact the local State Joint. Organizing Secretary or log on to drgspmemorial.blogspot.com

For assistance and queries contact to-

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Dr. GANGA SAHAY PANDEY MEMORIAL

All India Essay Competition-2024

(For U.G. students of Ayurveda)

Registration form

"स्वास्थ्य संरक्षण एवं रोगों की चिकित्सा में प्रकृति परीक्षण की प्रासंगिकता"

Relevance of Prakriti Parikshan in Promotion of Health and Management of Disease.

Details of the participant:

Full Name (in Capital letter):

.....

Date of Birth:

Year in which studying:

E-mail ID:

Mobile No:

Address of the college /Institution:

.....

.....

Full postal address for communication with pin code:

.....

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Affix Photograph

I hereby agree to abide by all the rules and regulations of the said essay competition.

Signature of Participant.

Name and Official address of the **Mentor** (Single Name) if any:

.....

.....

Signature of **Mentor**.

This is to certify that this essay is written by the above said participant himself/herself and he/she is a regular and bonafide student of our college.

Signature and seal of
Principal