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राष्ट्रीय आयुर्वेद विद्यापीठ RASHTRIYA AYURVEDA VIDYAPEETH

(NATIONAL ACADEMY OF AYURVEDA)

(भारत सरकार, आयुष मंत्रालय के अधीन एक स्वायत्त संगठन)

(An autonomous organisation under Ministry of AYUSH, Govt. of India)

धन्वन्तरि भवन, मार्ग संख्या-66, पंजाबी बाग (पश्चिम), नई दिल्ली -110026

Dhanwantari Bhawan, Road # 66, West Punjabi Bagh, New Delhi - 110 026

F. No. 81-4/2020-21/RAV-AA

Date: 18-02-2021

Office Memorandum

Subject: Essay Writing Competition on "My Region-My Ayurveda Ahara"- its role in health promotion- reg.

The Ministry of AYUSH has started a scheme to promote "Region specific Ayurveda Ahara" for next 3 months, under the umbrella of "Ek Bharat Shreshth Bharat" an initiative by the Government of India. Rashtriya Ayurveda Vidyapeeth (RAV) has been assigned the work to promote the region specific Ayurveda Ahara.

2. In reference to the above, RAV has announced an *All India Essay writing competition* on "My Region-My Ayurveda Ahara" - its role in health promotion. The same has been uploaded on the website of RAV.

3. You are requested to kindly upload the attached brochure on your institution website or display a copy of the same on the notice board of your college premises, for wider publicity.

Please find the brochure as attached file.

This issue with the approval of competent authority.

(N. Ramakrishnan)
Administrative Officer

All concerned (as per list attached)

Copy to:

PPS to Secretary, Ministry of AYUSH for kind information.

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RASHTRIYA AYURVEDA VIDYAPEETH

NATIONAL ACADEMY OF AYURVEDA

(An autonomous organisation under Ministry of AYUSH, Govt. of India)

All India ESSAY WRITING COMPETITION

on Topic

“MY REGION- MY AYURVEDA AHARA” ITS ROLE IN HEALTH PROMOTION

Objective –To promote young Ayurveda students to identify region specific Ayurveda Ahara and to explore its utility in promotion of health and well-being

Guidelines:

- Candidate should be undergraduate student, PG intern or postgraduate scholar of Ayurveda .
- Language: Hindi, English and Sanskrit or mixed as per necessity.
- Essay should be on A4 sheet, Font- Kruti Dev 10 or 11 (for Sanskrit and Hindi), Times New Roman (for English), and Font size 11, Spacing- 1.5.
- Word Limit should not be exceeding 2000 words.
- Personal information should be provided: Name, Year/Session, Name of College, Email-id, Contact number, Postal address.
- Candidates should email the above information along with the attached soft copy (PDF file) of the essay to the following mail address:
ravcampaign@gmail.com
- Last day for submission: 25 February, 2021 till 5 pm
- Esteemed panel of judges will evaluate the essay and decision of the panel will be final and binding on the participants.
- Three winners will be awarded with prize along with e- Certificate.
- 1st prize: 3000/- 2nd prize: 2000/- 3rd prize: 1000/-
- The result of the essay competition will be displayed on the RAV official website.

