

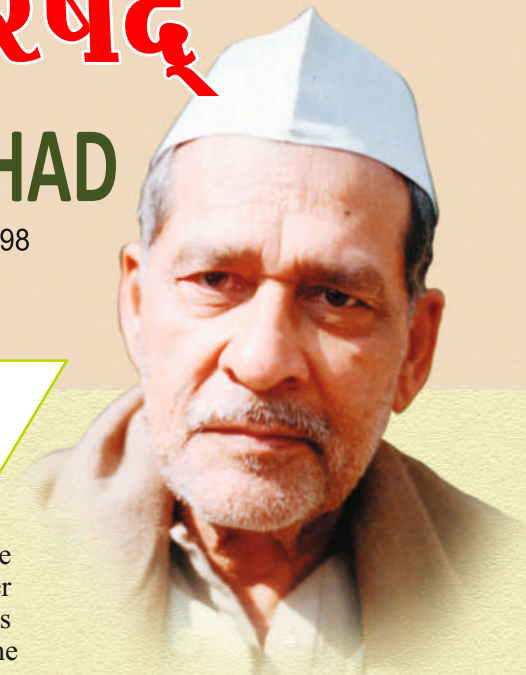


विश्व आयुर्वेद परिषद्

VISHWA AYURVED PARISHAD

Registered Under Society's Registration Act 21 of 1860 No. 420/97-98

Website: www.vishwaayurveda.org



Dr. GANGA SAHAY PANDEY MEMORIAL All India Essay Competition-2021 (For U.G.) Ayurved Students

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Akshaya Pandey

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.

Dear Students,

Ayurveda is the oldest system of medicine, having a holistic approach towards health and disease. "Deho Hi Ahara Sambhava" Health is dependent upon diet. Ayurveda has given importance to Ahara and Vihara in maintaining good health as well as to cause and cure of diseases. It is the most important factor for sustenance of life so included in Trayah Upstambha viz. Ahara, Nidra, Bramhacharya. On the other hand, various diseases occur because of faulty dietary habits and life style which can be prevented as Ahara is also considered as Mahabhaishajya. Vihar is the second most important pillar of life. It is inclusive of habits, behavior, living pattern, social relation and adjustment with the environment in which we grow. Dietary consideration is an important component of every prescription in Ayurvedic therapy. Sometimes dietary management in itself is a complete treatment. Diet, conduct, sleep, exercise, stress management, de-addiction etc. plays important role in the management and treatment of diseases.

Keeping the optimistic acceptability of Ayurveda ahead, rationale and fundamental thoughts in form of essay in Hindi or English are invited on following topic.

"Role of Ahara and Vihar in Manifestation and Treatment of Diseases"

(रोगों की उत्पत्ति और उपचार में आहार एवं विहार का महत्व)

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.Kamlesh K. Dwivedi
Chairman, Scientific committee
09336913142

Dr. Priyadarshini Tiwari
Organising Secretary
08299577225

Dr. Manish Mishra
Jt. Organising Secretary
09415896482

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 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**) 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 20th October 2021.**
- 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.**

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-

Dr. Priyadarshini Tewari

Asst. Prof., Deptt. of Roga Nidan Evum Vikriti Vigyan, Faculty of Ayurveda, I.M.S., B.H.U. Email- pgtpriya55@gmail.com

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Dr. GANGA SAHAY PANDEY MEMORIAL

All India Essay Competition-2021

(For U.G. students of Ayurveda)

Registration form

“Role of Ahara and Vihar in Manifestation and Treatment of Diseases”

(रोगों की उत्पत्ति और उपचार में आहार एवं विहार का महत्व)

Details of the participant:

Full Name (in Capital letter):

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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