Dr. Ganga Sahai Pandey was one of the ever shining star of Ayurved. He had completed his A.M.S. Degree from Banaras Hindu University in 1945 and honored teaching post in Kayachikitsa Department in the same University. His prestige and glory as a renowned physician spread beyond the domains of Purvanchal up to the national and international level. 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 auspicious memory of such a laureate person, Vishwa Ayurved Parishad is organizing an essay competition every year among undergraduate students of Ayurvedic colleges of India.

Dear Students,

Ayurveda, literally meaning “science of life” is thought to be the one of the oldest medical system among known ones. Maintaining the health of a healthy individual and curing the diseases of sick person are the main aims of Ayurveda. Ayurveda describes the human being is composed of five elements, three doshas (biological energies), seven dhatus (tissues), and numerous srotas (channels). The biological forces that govern the functions of the body is Tridosha. The Tridosha are the primary and essential factors of the human body that govern our entire physical structure and function. These three are responsible for all the physiological and psychological processes within the body and mind dynamic forces that determine growth and decay. Every physical characteristic, mental capacity and the emotional tendency of a human being can therefore be explained in terms of the tridoshas.

Balancing these Vata, Pitta and Kapha in order to maintain a healthy life, is the one of the basic principle of Ayurveda. Thourough Knowledge about these Tridoshas are very much essential for every student for understanding Ayurveda principle of treatment.

Vishwa Ayurveda Parishad has been taken the task to establish Ayurveda worldwide. This organization is engaged in spreading, re-establishing & enriching Ayurveda. One of such tasks taken by the organization to promote Ayurveda is to hold a national level essay competition among the students of undergraduate level to give them an opportunity to flourish their thought generating ideas on this national platform every year. Keeping this ahead, the essay competition 2016 has been organized as a sequel of previous years.

Dr. Ganga Sahai Pandey Memorial
All India Essay Competition-2016 (For U.G.) Ayurved Students

Copy to-
1- Principals, All Ayurvedic Colleges of India, with a request to convey the message among students.
2- State Joint Organizing Secretaries for vide circulation and necessary steps.
Rules and Regulations

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

“Concept of Tridosha in present perspective (………………………….)

Central specialist committee will honour along with a citation, Gold medal with cash prize of ₹ 15000/- to the best essay, Silver medal with cash prize of ₹11000/- to 1st runner up and Bronze medal with cash prize of ₹ 7500/- to 2nd runner up in a special function that will be organized on the eve of Dhanvantari Jayanti in Varanasi.

- All the B.A.M.S. students (including internes) can participate in this essay competition.
- Essay should be single authored, single sided in computerized typing; on A4 size paper; having font size 14 with 1.5 spaces in three copies. It should be in Hindi or English having not less than 1500 words (Maximum 10 pages).
- At the last page of essay, participants should clearly mention their full details viz. name, professional year/Interns, name of college and address, correspondence address, contact number, email address and name of his/her mentor/motivator.
- Entrance fee is NIL
- The last date for receiving the Essay is 30th September 2016.
- Decision of committee will be full and final.
- The essays will be evaluated by three referees under coding.
- All the essays should be sent only after getting it dully attested by the Principal/ Deputy/ State Joint Organizing Secretaries to certify that the participant is a regular student of particular institution.
- Awarded essays will be published in Journal of Vishwa Ayurveda Parishad.
- Student who received prizes in previous years’ competition, are requested not to apply.

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