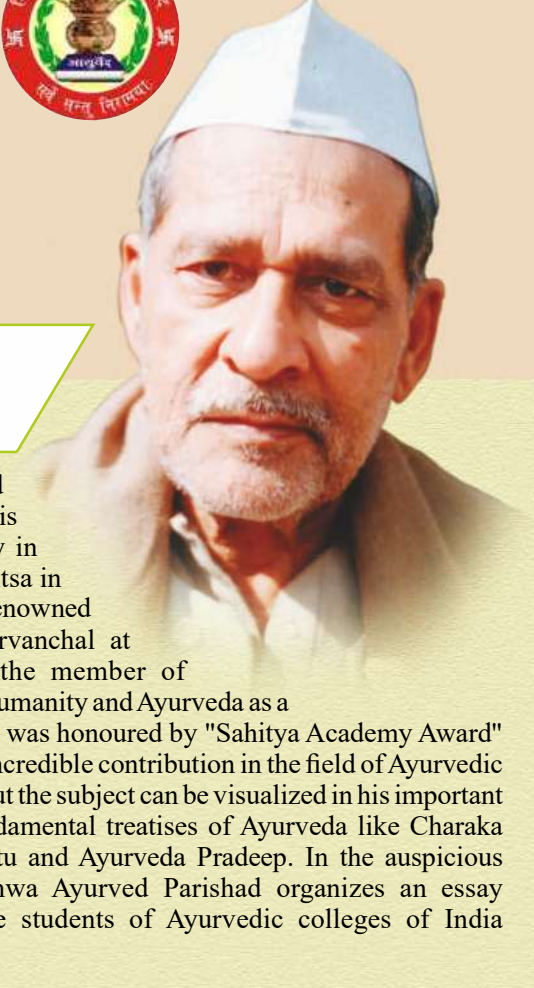


विश्व आयुर्वेद परिषद्

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-2023 (For U.G. Ayurveda students)

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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 14 years.

Dear Students,

As we all know, the fast-paced, digital world in which we live has sped up our daily routine and caused a lot of heart-pounding activity. Mobiles and automation are two modern additions to sedentary existence that have reduced metabolism. Everyone now lives a life of convenience, but only someone who knows the true art of living may lead to a happy, healthy existence. A lifestyle is the pattern of living that we adopt, and diseases associated with a particular way of living are referred to as lifestyle diseases. Diseases that are classified as lifestyle diseases are those whose occurrence is mostly based on people's everyday routines and is the outcome of an unsuitable relationship that develops between people and their environment. The first of Ayurveda's two goals is "Swasthasyaswasthya Rakshnam," or maintaining health. Ayurveda uses a personalized, comprehensive approach to the prevention of lifestyle disorders. In order to keep the balance of the biological energies, Vata, Pitta, and Kapha, one's "Prakruti" or biotype (constitution) is examined. This analysis forms the basis for lifestyle recommendations. The daily routine (Dinacharya), which teaches people how to live morally from morning to night, is dictated by their biological clock. It has been suggested to Ritucharya that it take corrective action to avoid an imbalance in these biological humors. It is advised to follow an ethical regimen to keep a social and psychological balance. Yoga is a centuries-old Indian discipline that unites the body, mind, and spirit via meditation, controlled breathing, and physical postures. Its use offers numerous health advantages. Regular yoga practice will help you tone your muscles. Asthma, arthritis, diabetes, hypertension, depression, polycystic ovaries, liver issues, and lower back discomfort can all be cured via the practice of yoga. There are very few diseases that yoga cannot aid in the treatment of. The following topic is open for rationale and essential ideas in the form of an essay in Hindi or English, keeping in mind the positive acceptability of Ayurveda and Yoga.

"ROLE OF YOGA AND AYURVED IN PREVENTING LIFESTYLE DISORDERS"

(जीवनशैली जन्य विकारों को रोकने में योग और आयुर्वेद की भूमिका)

Dr. Kamlesh K. Dwivedi
Chairman, Scientific committee
09336913142

Dr. Lakshmi
Jt. Organising Secretary
9654218207

Dr. Manish Mishra
Organising Secretary
09415896482

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.

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**) 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 31th October 2023.**
- 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-

Dr. Lakshmi

Department of Rachna Sharir, Faculty of Ayurveda, IMS, B.H.U, Varanasi –221005

Contact - 9654218207 | e-mail : drlakshmi@bhu.ac.in

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Dr. GANGA SAHAY PANDEY MEMORIAL

All India Essay Competition-2023

(For U.G. students of Ayurveda)

Registration form

“ROLE OF YOGA AND AYURVED IN PREVENTING LIFESTYLE DISORDERS”

(जीवनशैली जन्य विकारों को रोकने में योग और आयुर्वेद की भूमिका)

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:

.....

.....

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