



## **First International Essay Competition'2020**

### **On "Health and Ayurveda"**

#### **Patrons**

##### **Dr. Gopal Basisht**

Director, Charak Samhita New Edition Project, FHED (India) Trust, Delhi

##### **Dr. Saroj Basisht**

Patron, Charak Samhita New Edition Project, FHED (India) Trust, Delhi

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##### **Prof. Tanuja Nesari**

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Dean, Research-N.I.A., Jaipur

##### **Prof. J. S. Tripathi**

Professor, Faculty of Ayurveda, I.M.S., B.H.U., Varanasi

#### **Organizing Secretary**

##### **Dr. Yogesh Deole**

Project Co-ordinator, Charak Samhita New Edition

The Charak Samhita Research, Training and Skill Development Centre (CSRTSDC) is established by FHED Trust, India in collaboration with Institute for Post Graduate Teaching and Research in Ayurveda, an Institute fully financed by Government of India, Ministry of AYUSH affiliated to Gujarat Ayurved University, Jamnagar. The live edition of Charak Samhita is published online on [www.charaksamhita.com](http://www.charaksamhita.com). Ayurveda, the knowledge of life, gives due importance to prevention and preservation of health. Emphasizing upon the concept of health and its application in current practice of Ayurveda and contemporary medicine, CSRTSDC is organizing an international essay competition on following topic:

#### **Topic**

**Future Scope and Strategies for Preservation of Health through Ayurveda**

#### **Awards**

- Atreya Award: ₹ 51000/- and certificate**
- Agnivesh Award: ₹ 21000/- and certificate**
- Charak Award: ₹ 11000/- and certificate**
- Dridhabala Award: Three Consolation Prizes of ₹ 5000/- each and certificates.**

#### **Expected topics to be covered in essay**

- Elaboration of concept of health in Ayurveda classics and other contemporary healthcare systems
- Components of health and their importance
- Practical guidelines for implementing concept of health in today's society
- Applied researches on preservation and protection of health
- Prevention of disease occurrence and recurrence
- Model healthcare system and its propagation
- Future strategies for preservation of health

**Last date of submission: 28<sup>th</sup> February 2020**

**Registration Fees : ₹ 500/-**

## Zonal Organizing Secretaries

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#### Dr. A. Ramya,

Astangam Ayurveda Vidhyapeetham, Pattambi, Palakkad

#### Dr. Aneesh E. G.

Kottakkal, Kerala

## General Guidelines

- The competition is open to registered healthcare providers, researchers and scholars from streams of Ayurveda and Allopathy. Students doing Post Graduation and Ph.D. can also participate in the competition.
- The essays with duly filled registration form should be mailed to [carakasamhita@gmail.com](mailto:carakasamhita@gmail.com) as attachment on or before 28<sup>th</sup> February 2020.
- A registration fees of ₹ 500/- for the competition is required to be paid online while submitting the essay.
- The awarded essays will be included in the online edition of [www.charaksamhita.com](http://www.charaksamhita.com) and [www.symbiohealth.com](http://www.symbiohealth.com) as per suggestions of the editorial panel.

## General rules

- Essay should be Original, single authored, in MS Word file format typed in Times new roman font, size 12 with 1.5 line spacing. The language shall be English only. The word limit is maximum 5000 words.
- The references from Ayurveda texts should be quoted ONLY at the end of the text as references.
- The authors are free to present their ideas on the topic in the essay with proper in text references as per referencing format available on [www.charaksamhita.com](http://www.charaksamhita.com).
- We adopt a policy of zero tolerance to plagiarism. All essays will undergo strict plagiarism check before sending it for review. The author should not submit any copyrighted material without proper permission. In such case, a separate permission letter shall be attached with the registration form. The author will solely be responsible for any issue arising out of copyright or conflict of interest of submitted essay.
- A separate file of filled and signed registration form shall be submitted with the Essay file as per prescribed format.
- In order to follow a blind review system, identity should not be revealed in any form in the essay.
- The essays will be reviewed and assessed anonymously by the international review panel of the Board. The decision of judges will be final. No queries will be entertained after declaration of results. Successful candidates will be invited for the award ceremony.
- The Board of CSRTSDC reserves all rights to modify rules as and when needed.

## Registration guidelines

The registration fees of ₹ 500/- should be transferred through Wire Transfer / Internet Banking (NEFT/RTGS/IMPS) only to the account mentioned below:

**Account Name:** FHE (India) Trust

**Account Number:** 50100324257724 **Bank Name:** HDFC Bank

**Branch Address:** E-6, Local Shopping Centre, Masjid Moth, Greater Kailash-2, New Delhi 110 048.

**Type of account:** Savings account

**IFSC :** HDFC0000027

The registration fees is non-refundable.

Electronic copy of receipt of transfer with scan copy of duly filled and signed registration form should be emailed with essay as per guidelines given above.

The participants are required to enrol themselves through online form on the link given below:

<https://forms.gle/Cq5pyxwi5pZ9czTGA>

**For updates:** Please visit [www.charaksamhita.com](http://www.charaksamhita.com)

**For more details contact on email:** [carakasamhita@gmail.com](mailto:carakasamhita@gmail.com)  
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