

CENTRAL AYURVEDA RESEARCH INSTITUTE, BENGALURU CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES, MINISTRY OF AYUSH, GOVT. OF INDIA







8th Ayurveda Day

10th November 2023



October 2023



Compete from anywhere using virtuality



Who

Ayurveda College teachers, practitioners and students

Poster Competition

Theme -Ayurveda for everyone on everyday

Only for UG

Rules

- Only 1 entry per participant
- Size: A3 sheet
- Poster style: Digital posters only
- Can include words, slogans, pictures, shlokas
- Language: Kannada, English, Sanskrit, Hindi (Any or all)
- Posters should not contain any photos of eminent personalities and copyrighted images
- Name and affiliations of the participant are to be mentioned below the poster on the front side.
- Digital version of the poster (format-pdf) has to be sent to the organisers via e-mail

Discover your innovative thinking through the world of Poster creation

Judgement will be based on Concept, Neatness, Novelty, Presentation and Creativity

Last date to register and submit: 25th October 2023

<u>Click here</u> to register



Brawing Competition

Theme -Ayurveda for everyone on everyday

Rules

- Only 1 entry per participant
- Size: A4 sheet
- Colouring material: No restrictions
- No wordings allowed
- Name and affiliations of the participant are to be mentioned below the drawing on the front side along with date.
- Scanned copy of the drawing (image format jpg. jpeg. or png.) has to be sent to the organisers via e-mail
- Also attach 3 photos of the drawing from different angles with atleast one photo while you are drawing or painting around the time when 50% of the work is complete

Explore your creativity, showcase your drawing skills

Judgement will be based on Concept, Neatness, Presentation and Creativity

Last date to register and submit: 25th October 2023

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Slogan Competition

Theme -Ayurveda and Social well being



Theme -: Swastasya swasthya rakshanam

Rules

- Only 1 entry per participant
- Language: Kannada, English, Sanskrit, Hindi (Any or all)
- If words of languages other than English are used, it has to be typed in Unicode format only.
- Slogan idea should be original and creative

Judgement will be based on Concept, Precision, impact and Creativity



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Rules

- Only 1 entry per participant.
- Language: Kannada, English, Sanskrit, Hindi (Any or all).
- Each entry should have original lyrics, melody and rhythm.
- Jingle has to be submitted in mp3 format through mail.
- The recording should have clear voice without any background disturbances.
- Copy of typed lyrics in pdf format has to be submitted along with the recording.
- Length of the Jingle should not exceed 20 seconds.

Judgement will be based on Lyrics, Melody, Presentation, originality, impact and creativity

Last date to register and submit: 25th October 2023



Debate

Only for UG & PG

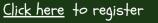
Theme: Integrative approach in Ayurveda practice is necessary

Rules

- Only 1 entry per participant
- Language-English (May include Sanskrit shlokas if required)
- Time 4+1 minutes
- Debate competition will be held in Online mode.
- Date of the competition will be intimated to the registered participants via e-mail along with link to join the meeting

Judgement will be based on Language, presentation, Content, Clarity of thoughts, oratory skills

Last date to register and submit: 25th October 2023





Ayurveda recipe Competition

Theme -: Ayurveda platter

Only for UG & PG

Rules

- Only 1 entry per participant.
- Language: English.
- Participant must select one theme and base their recipes accordingly.
- The contents of the platter must be based on the selected theme only.
- Themes can be selected based on concepts of Ayurveda. For example: Ayurveda platter based on pathya in particular disease, ahara in specific rtu, nityasevaneeya ahara etc.
- Each entry should include an introduction briefing about the selection of theme.
- 3 recipes pertaining to the theme has to be submitted.
- [ach recipe must contain name of the recipe, ingredients with ratio, method of preparation, serving instructions if any

Judgement will be based on Concept, novelty, innovativeness, understanding of ingredients, flavours and cooking methods

Last date to register and submit: 25th October 2023

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Essay Writing Competition

Only for PG

Theme -: SWOT analysis of Ayurveda in today's world

Rules

- Only I entry per participant
- Language-English (May include Sanskrit shlokas if required)
- Shlokas must be typed in Unicode format only along with proper reference.
- The essay must be typed with the following specifications:

Font-Times new Roman

Font size- 14 for Titles, headings and sub-headings

Font size- 12 for subject matter

Line spacing 1.5

Word limit- 2000 words

- Name and affiliations of the participant are to be mentioned at top right corner of Page 1.
- Copy of the essay (format- pdf) has to be sent to the organisers via e-mail

Judgement will be based on Language, presentation, Content, Clarity of thoughts

Last date to register and submit: 25th October 2023

Research Proposal Besigning
Competition

Only for PG

Theme -: Preventive care and Ayurveda

Rules

- Only I entry per participant
- Language-English
- · The proposal must be typed with the following specifications

Font: Times new Roman

Font size- 14 for Titles, headings and sub-headings

Font size- 12 for subject matter

Line spacing 1.5

- Protocol must be in accordance with Internationally validated quidelines such as SPIRIT for Interventional studies etc.
- Referencing must be in Vancouver style.
- · Protocol must be structured as per the following heads
 - i. Title of the proposal
 - ii. Brief background and Gap area identification
 - iii. Objectives of the study
 - iv. Primary and secondary outcome measures
 - v. Selection criteria (diagnostic, inclusion and Exclusion criteria)
 - vi. Withdrawal criteria
 - vii. Study design with detailed methodology
 - viii. Proposed trial duration along with Gantt chart
 - ix. References
- Name and affiliations of the participant are to be mentioned at top right corner of Page I.
- Copy of the protocol (format-pdf) has to be sent to the organisers via e-mail

Judgement will be based on Relevance, feasibility, Presentation,
Content, Clarity of thoughts, novelty.

Last date to register and submit: 25th October 2023

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Model making Competition

Theme -: Ayurveda

Playwright Competition

Theme -: Sack the Myths

Only for Faculties and Practitioners

Only for UG

Rules

- Only I entry per participant
- Material: No restrictions
- Labelling is allowed
- Models pertaining to concepts of Ayurveda are to be created.
- Name and affiliations of the participant are to be mentioned alongside
- Send a video of the model shot from various directions of duration not exceeding I minute
- Also attach photos (Maximum S) of the model from different angles with at least one photo while you are preparing the model around the time when 50% of the work is complete.
- Send the photos and videos of the model via e-mail to the organizers.

Judgement will be based on Concept, Neatness, Presentation and Creativity

Last date to register and submit: 25th October 2023

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Rules

- Only I entry per participant
- Language-English (May include Sanskrit words if required)
- The play must be typed with the following specifications
 Font: Times new Roman
 Font size— 14 for Titles
 Font size— 12 for subject matter
 Line spacing 1.5
 Page limit— 2 pages
- The play must be in a standard script format consisting of conversational dialogues
- Name and affiliations of the participant are to be mentioned at bottom right corner of Page 2.
- Copy of the play (format- pdf) has to be sent to the organisers via e-mail

Judgement will be based on Creativity, Concept, Language, presentation, Entertainment value

Last date to register and submit: 25th October 2023

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