



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



Ayurveda
FOR ONE HEALTH

8th Ayurveda Day

10th November 2023



When

October 2023



Where

**Compete from
anywhere using
virtuality**



Who

**Ayurveda College
teachers, practitioners
and students**

Only for UG

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

[Click here](#) to register



Drawing 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

[Click here](#) to register



Essay Writing Competition

Only for PG

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

Rules

- Only 1 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

[Click here](#) to register



Research Proposal Designing Competition

Only for PG

Theme -: Preventive care and Ayurveda

Rules

- Only 1 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 guidelines 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 1.
- 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 UG

Rules

- Only 1 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 1 minute
- Also attach photos (Maximum 5) 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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Only for Faculties and Practitioners

Rules

- Only 1 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

[Click here](#) to register



for any further queries and submission of registries

contact : cari.events22@gmail.com

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To know the results visit
www.cari.gov.in
on November 8th