



# RASHTRIYA AYURVEDA VIDYAPEETH

## NATIONAL ACADEMY OF AYURVEDA

(An autonomous organisation under Ministry of AYUSH, Govt. of India)

# All India ESSAY WRITING COMPETITION

on Topic

## “MY REGION- MY AYURVEDA AHARA” ITS ROLE IN HEALTH PROMOTION

**Objective –To promote young Ayurveda students to identify region specific Ayurveda Ahara and to explore its utility in promotion of health and well-being**

### Guidelines:

- Candidate should be undergraduate student, UG intern or postgraduate scholar of Ayurveda .
- Language: Hindi, English and Sanskrit or mixed as per necessity.
- Essay should be on A4 sheet, Font- Kruti Dev 10 or 11 (for Sanskrit and Hindi), Times New Roman (for English), and Font size 11, Spacing- 1.5.
- Word Limit should not be exceeding 2000 words.
- Personal information should be provided: Name, Year/Session, Name of College, Email-id, Contact number, Postal address.
- Candidates should email the above information along with the attached soft copy (PDF file) of the essay to the following mail address:  
[ravcampaign@gmail.com](mailto:ravcampaign@gmail.com)
- Last day for submission: 15 February, 2021 till 5 pm.
- Esteemed panel of judges will evaluate the essays and decision of the panel will be final and binding on the participants.
- Three winners will be awarded with prize along with e- Certificate.
- 1st prize: 3000/- 2nd prize: 2000/- 3rd prize: 1000/-
- The result of the essay competition will be displayed on the RAV official website.

