

Institute of Teaching and Research in Ayurveda, Jamnagar

in collaboration with FHED's (India) Charaka Samhita Research,
Training and Skill Development Centre (CSRTSDC)

as a part of celebrations of Charaka Jayanti - 2022



About the Institute

ITRA is the first 'Institute of National Importance' in the sector of AYUSH. The Parliament of India passed the 'Institute of Teaching and Research in Ayurveda Act, 2020' and its provisions came into force on 15th October, 2020. It is the most favourite destination for the seekers of Ayurveda education and research. The institute is well known for pure Ayurvedic approach towards training and research along with optimum use of modern technology.



About the Essay Competition

National Level Essay Competition "Charakopasana - Hridaye Vasati Charakah" is organized by the Department of Basic Principles, ITRA, Jamnagar in collaboration with "FHED's (India) Charaka Samhita Research, Training and Skill Development Centre (CSRTSDC), as a part of the celebrations of Charaka Jayanti on Shravana Shukla Panchami, 2nd August, 2022. The competition will be held in two categories viz. Senior category for Post Graduate (MD/MS Ayu) and Ph.D (Ayu) Scholars and Junior category for Undergraduate (BAMS Students and Interns).

About the CSRTSDC

The Charaka Samhita Research, Training and Skill Development Centre (CSRTSDC) is established by FHED Trust, India in collaboration with Institute of Teaching and Research in Ayurveda, Jamnagar. The live edition of Charaka Samhita is published online on www.charaksamhita.com.

Senior Category

Topic: **Importance and utility of principles of Charaka Samhita for community health in current scenario**

Participants: Post Graduate (MD/MS Ayu.) and Ph.D (Ayu.) Scholars

Junior Category

Topic: **Sustainable personal health and well-being through principles of Charaka Samhita**

Participants: BAMS Students and Interns

Timeline: Acceptance of essay starts from 21/07/2022, Last date of essay submission: 19/08/2022 until 23:59 hours.



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Prizes

1st

INR 15,000/-

2nd

INR 10,000/-

3rd

INR 5,000/-



Citations

- Participants should use Vancouver style of referencing in endnote system consistently & uniformly throughout the essay.

How to Submit?

- Prizes will be rewarded in both categories.
- All participants will be given participation certificates.

Format of the Essay

- Essay should be original, single authored and submitted in PDF format in A4 size paper having margins of one inch (2.54 cm) on all the four sides.
- Font size 12 with 1.5 line spacing, heading should be bold in capital letters with font size 14. For English, the font to be used is Times New Roman and in Hindi, Mangal/Krutidev10.
- Word limit: Maximum 5,000 and Minimum 3,000.
 - Language of the essay shall be English or Hindi.
 - The participants are free to present their ideas on the topic in the essay with proper in text references as per referencing format.
 - Only original essay shall be accepted. The submitted manuscript shall undergo 'Plagiarism check' through a software. Any form of plagiarism beyond acceptable limit of 10% will result in disqualification of the essay. The classical shlokas from Samhita are exempted from 'Plagiarism'.

Coordinator

Dr. Vaibhav Dadu,
Reader, Dept. of BP, ITRA, Jamnagar
Contact (In case of any query):
+91 96242 72859
(Only from 13:00 to 15:00 hours)
Email: vibhudadu@itra.edu.in

- Participants have to fill the complete registration form (attached herewith) duly signed and forwarded by the head of the Institute. This form should be scanned and soft copy to be sent in a separate file to the email samhita@itra.edu.in within prescribed time. The essay in pdf format should be sent as a separate file in the same email.
- There is no entry/registration fee for participants.
- Each participant can send only one entry.
- The participant should send a scanned copy of the Identity card issued by the Institute, or in case of non-availability of identity card, bonafide certificate issued by the Institute.
- Entries shall be emailed by the participant directly and shall not be forwarded through any other person.
- In order to follow a blind review system, participants shall not mention their name or leave any identification mark in the text of essay.
- Entries submitted without the prescribed format shall be rejected without any intimation and correspondence; the organizing committee under any circumstances shall not entertain any representation pertaining to such entries.
- Subject of such email must be "Charakopasana – Hridaye Vasati Charakah" National Level Essay Competition 2022".
- The competent authority of the organizing Institute would take final decision regarding acceptance, rejection and the award of prizes for the essay and the decision shall be abiding to all the participants.

Organizing Committee

Department of Basic Principles,
Institute of Teaching and Research in Ayurveda
(INI), Jamnagar



सत्यमेव जयते
Ministry of AYUSH



"चरकोपासना - हृदये वसति चरकः।" National Level Essay Competition

REGISTRATION FORM



Institute of Teaching and Research in Ayurveda, Jamnagar

Full name	
Age (in years) & Sex	
Postal address	
Mobile number	
Mobile number (Whatsapp)	
Email	
Name of the course	
Year/Prof term	
Department	
Name of the Institute & address	
Name of the University	
Level of Participation (Junior/Senior)	
Language of the Essay	

Declaration by the Candidate:

I hereby affirm that I have read all the guidelines for the essay competition and I declare that this submitted essay is my original work and not published in any form till date. I have duly cited/acknowledged the author(s)/material source(s) as required.

Name and Signature of the Participant

Date

FORWARDING NOTE OF THE HEAD OF THE INSTITUTE

This is to confirm that Mr./Ms. is a bonafide student of (Name of the Institute) studying in year/prof. of course.

The essay written by him/her is hereby forwarded to the organizing committee of the essay competition.

Name and Signature of forwarding authority

Seal/Stamp

Date

