



Late Vd.H.B.Paranjape
(Founder- ASM)



ESSAY & ELOCUTION COMPETITION

(40th YEAR - WEDNESDAY, 7th FEBRUARY, 2024)

LATE VAIDYA H. B. PARANJAPE ALL INDIA ESSAY AND ELOCUTION COMPETITION

We are glad to inform you that **All India Inter Collegiate Essay & Elocution Competition** is being organised on the occasion of the **Birth Anniversary** of founder member of Ayurved Shikshan Mandal, Pune "**Late Vaidya H. B. Paranjape**".

1. General Rules for Participation :-

- Under graduate & Post graduate Students & teachers of any College / Institution and private practitioners belonging to the Indian systems of Medicines viz Ayurveda, Allopathy, Homeopathy, Unani, Siddha, Naturopathy & Yoga are entitled to take part in the said competition.
- Participants can submit Essay or participate in any language i.e. English or Hindi or Marathi.
- No entry fees will be charged.
- Panel of Judges will be appointed by Ayurved Shikshan Mandal Pune & the decision of the panel shall be final and binding on all the participants.

2. Entry Rules :-

- All Entries must be submitted in the enclosed prescribed format duly filled in all respect. Any number of students may take part in the competition.
- Accommodation facility may be granted to the limited students only if available. With signature of authorities proper intimation. To avail this facility on the college letterhead should be submitted atleast 10 days in advance i.e. by 29th January, 2024.
- Last date for acceptance of entry forms is **Wednesday, 31st January 2024.**

1. **Second class railway fair** of nearest route will be reimbursed to the prize winners from Essay Competition and to all participants in Elocution Competition, upon presentation of confirmed Railway tickets.
2. Moderate residential accommodation will also be provided only on 7th February 2024.

- Expenditure to attend the said competition shall be borne by the participants or by the concerned College / Institution.
- Prizes and Merit Certificates shall be awarded to the successful participants on the **same day at 4.00 p.m.**
- For further details please contact,

DR.M.H.PARANJAPE

Secretary, Ayurved Shikshan Mandal, Pune

Mobile No: 9371002478

E-mail : drmhparanjape@gmail.com

3. Subjects For Essay Competition :

1. Values of day to day life style practices of Ayurveda to prevent non communicable disorders.
अप्रसरणजन्य विकारों को रोकने के लिए आयुर्वेद की दैनिक शैली प्रथाओं के मूल्य ।
असंसर्गजन्य विकारोंना प्रतिबंध करण्यासाठी आयुर्वेदातील दैनंदिन जीवनशैलीची मुल्ये .
2. The nature and means to be adopted to reach Ayurveda in the main stream of health care system.
आयुर्वेद को स्वास्थ्य देखभाल प्रणाली की मुख्य धारा में पहुँचाने के लिए अपनाए जाने वाले साधनों की प्रकृति ।
आरोग्यसेवा प्रणालीच्या मुख्य प्रवाहात आयुर्वेदापर्यंत पोहोचण्यासाठी अवलंबली जाणारी आरोग्यपद्धती .
3. What are common non communicable disorders prevalent in India and role of Ayurvedic Therapy in cardiac disorders.
भारत में प्रचलित सामान्य अप्रसरणजन्य विकार क्या हैं और हृदय संबंधी विकारों में आयुर्वेदिक चिकित्सा की भूमिका ।
भारतात प्रचलीत असलेले सामान्य असंसर्गजन्य विकार कोणते आहेत आणि हृदयविकारांमध्ये आयुर्वेद चिकित्सेची भूमिका .

Rules for Essay Competition :

- Essays should be neatly hand written or typed on one side of the white A/4 size paper with sufficient margin from both the sides. The essay can be submitted up to 50 pages.
- Name of the Candidate & Address at the top of the First Page.
- Essay should be submitted in duplicate and forwarded through the College / Institution Authorities along with the certificate stating that the essay is written by the participant himself / herself. The same can also be submitted online in a PDF format on the Ayurved Shikshan Mandal's email id- drmhparanjape@gmail.com
- Practitioners may submit his / her essay directly.
- Essays will not be returned / send back to the participant.
- Essays should be sent by post or hand over in person to,

DR.M.H.PARANJAPE

Secretary, Ayurved Shikshan Mandal

2032/B/2, Sadashiv Peth,

Late Vaidya H. B. Paranjape Chowk, Near S. P. College,

Pune 411 030.

E-mail : drmhparanjape@gmail.com

4. Subjects For Elocution Competition :

1. Whether Ayurveda is a traditional system of medicine or scientific system?
आयुर्वेद एक पारंपारिक चिकित्सा प्रणाली है या वैज्ञानिक प्रणाली है प्रणाली है ?
आयुर्वेद ही पारंपारिक वैद्यक प्रणाली आहे की वैज्ञानिक प्रणाली ?
2. COPD patients are increasing in India due to air pollution. What Ayurveda can contribute to prevent and treat pulmonary disorders.
भारत में बढ़ रहे हैं COPD के मरीज वायु प्रदूषण की वजह से | आयुर्वेद क्या योगदान दे सकता है फुफ्फुसीय विकारों को रोकने और उनकी चिकित्सा के लिए |
वायु प्रदूषणामुळे भारतात COPD चे रुग्ण वाढत आहेत. फुफ्फुसाचे विकार टाळण्यासाठी आणि त्यावर उपचार करण्यासाठी आयुर्वेद काय योगदान देऊ शकतो ?
3. Ayurveda medicines are considered free of side effects and what is your opinion and upto what extent it is true ?
आयुर्वेद औषधियां दुष्प्रभाव मानी जाती हैं आपकी क्या राय है और यह कहां तक सच है ?
आयुर्वेदातील औषधे दुष्परिणाममुक्त मानली जातात. यावर तुमचे मत काय आहे ? आणि ते कितपत खरे आहे ?

5. Elocution Competition :

- **Day / Date / Time** : Wednesday, 7th February 2024
at 10.00 a.m.
- **Venue** : Ashtang Ayurved College, Pune 4110 30.
- **Time Limit** : 10 Minutes for each participants.

- Students from non medical colleges can participate in the elocution competition only.
- Brief extract of **ELOCUTION** Subject must be submitted along with Entry Form.
- A copy of speech is required to be submitted to examiners at the time of Elocution competition.

6. PRIZES

<u>Elocution Competition</u>		<u>Essay Competition</u>
Rs. 5000/-	First Prize	Rs. 5000/-
Rs. 3000/-	Second Prize	Rs. 3000/-
Rs. 2000/-	Third Prize	Rs. 2000/-

- **Prize distribution ceremony** sponsored by The Himalaya Drug Company, Pune Branch will be held at Ashtang Ayurved Mahavidyalaya, Pune, on **Wednesday, 7th February 2024 at 4.00 p.m.**

Dr.Mrs.Hemalata Jalgaonkar
Principal

Mr.Keshav Vaze
Chairman

Mr.Sunil Bahirat
CEO

Dr.M.H.Paranjape
Secretary

Date : 01/01/2024

Place : Pune

ENTRY FORM

(To be filled by the Principal / Head of the Institution or in Person / Practitioner.)

To,

Dr. M.H. Paranjape

Secretary, Ayurved Shikshan Mandal

2032.B/2, Sadashiv Peth,

Late Vaidya H. B. Paranjape Chowk,

Near S. P. College,

Pune 411 030.

Dear Sir,

This refers to your circular regarding **Late Vaidya H. B. Paranjape all India Essay & Elocution Competition**. I am pleased to inform you that following students from our College / Institution are taking part in the said competition.

Sr.No	Name of the Student	Class	Age
01			
02			
03			
04			
05			

I here by agree with all the rules & regulations of the said competition.

Thanking You.

Yours faithfully,

(College Name/Address & Seal)

Date :

Place :