



राष्ट्रीय आयुर्वेद विद्यापीठ RASHTRIYA AYURVEDA VIDYAPEETH

(NATIONAL ACADEMY OF AYURVEDA)

(भारत सरकार, आयुष मंत्रालय के अधीन एक स्वायत्त संगठन)

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

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24th NATIONAL SEMINAR ON ROLE OF AYURVEDA IN SPORTS MEDICINE

Rashtriya Ayurveda Vidyapeeth, an autonomous organization under the Ministry of AYUSH is engaged in setting high standards in dissemination of knowledge of Ayurveda through its various activities. One of such activities is organizing National Seminar on a topic of current relevance in Ayurveda. This year, RAV has decided to organize a national Seminar on "Role of Ayurveda in Sports Medicine".

References of Archery, Wrestling, etc. as Sports are seen in many ancient epics. Martial Arts, Horse Riding, Bull Fight, etc. which involve excessive physical strength and endurance were commonly in practiced since Vedic periods. References of such strenuous sports as causative factors for diseases are also seen in ancient Ayurvedic texts. *Kalaripayattu*, a type of martial art practiced in Kerala or *Lathi* practiced in central and north India consists of a series of intricate movements that train the body and mind. Charaka specially describes the importance of mental strength and stability as well as the strength of other sense organs while describing the well-built balanced body.

Ayurveda has emphasised on the importance of exercise for maintaining wellbeing. At the same time references to therapeutic exercises are also in ancient Ayurvedic texts. *Marma* are the vital points described in Ayurveda which could be useful in self-defence and also have therapeutic importance. Different types of massage also have a major role to play in management of injuries.

Despite the enormous strengths of Ayurveda, their importance and utility remained largely ignored. Although the ancient texts have time and again stated the *Sadyaphaladarshan* i.e. quick action of Ayurvedic interventions including in pain management, they are hardly practiced.

The National seminar on “**Role of Ayurveda in Sports Medicine**” is being organized by Rashtriya Ayurveda Vidyapeeth with the intention to bring out the strengths of Ayurveda before the young practitioners, share the experiences of senior *Vaidyas* practicing in this field and enthuse the new Ayurveda practitioners to enter in to this ever expanding field of Sports Medicine.

The Seminar will be held **at New Delhi**. The Seminar will have 5 scientific sessions and key note address.

The young scientists and Practitioners of Ayurveda may submit Original papers on evidence-based experimental, research studies, clinical studies, case papers and review articles. They are also invited for Poster presentation.

Please send a hard copy of full paper with signature at the bottom of each page along with a certificate, as per the specimen attached to this letter. All selected papers will be printed in the Souvenir to be released at the time of inauguration. Some of the selected papers will be allowed for making oral presentation during the seminar and oral paper presenters will be paid TA as per rules, and provided modest accommodation and boarding.

Please send your full paper on or before 30th October, 2018. Instructions for authors for both Original Research Paper and Poster presentation has been given in the enclosed Annexure. Kindly read and follow the instructions carefully.


(Dr. Manoj Nesari)
Director, RAV

Annexure

Instructions for writing articles:

- Full papers neatly computer typed (MS Word) on A-4 size paper.
- Research paper should not exceeding 5-6 pages.
- The standard elements are: Abstract, Introduction, Material & Methods, Results (with supporting figures), Discussion, Conclusion/Summary and Reference. Acknowledgement (optional).
- Language preferably used English or Hindi (Krutidev font 010). Please do not mix Hindi and English in one paper.
- *Shlokas*, if any, may be typed in *Devnagari* script in Krutidev font 010 and should be placed under 'Reference' or send separately.
- Those finding difficulty in typing Krutidev font, they may send the *Shlokas* in English, but with correct references. Full papers may also be sent on CD.
- Send your Research work through email on director-rav@gov.in

Instructions for Poster Presentations:

- Young researchers in particular are invited to share their research work by means of a poster. The presenting author must be present during the assigned session.
- A poster should be complete, brief and self-supporting so that different viewers may read at their leisure. The author should only need to supplement or discuss particular points raised during inquiry.

Format

- Poster boards are 4ft (wide) x 6ft (high); note that this corresponds to a "portrait" orientation.
- Posters should include a title, name and affiliation of the presenter(s) labeled with high from the top of the poster space. The title should be brief, informative and written in bold letters. The names of authors, address/es should be written below the title in small letters. The name of the presenting author should be underlined.
- The standard elements are: Abstract, Introduction, Methods, Results (with supporting figures), a Conclusion / Summary and Reference & Acknowledgement.
- Language, preferably be used, English or Hindi (Krutidev font 010). Please do not mix Hindi and English in one poster except *Shlokas*.

Text

- Font size should be minimum 18 points for texts.
- Use fonts that are easy to read (such as Times New Roman, Garamond, and Arial) and avoid fancy or artistic fonts.
- Avoid too much text (no more than 800 words max) and undefined technical jargon (depending upon your potential audience).

Illustrations

- Figures should also be easily seen from a distance.
- Selectively incorporate charts, graphs, photographs, and other data that support the theme of your poster along with legend or caption.
- Avoid fuzzy images; make sure all graphics are high-resolution (at least 300ppi) and easily visible

CERTIFICATE TO BE FURNISHED BY AUTHOR

I do hereby certify that the paper entitled submitted to Rashtriya Ayurveda Vidyapeeth (RAV), for consideration in the **National Seminar on "Role of Ayurveda In Sports Medicine"** is my original paper and that I have not copied the same from anywhere. I have given the proper citations to the previously reported works and that the required permission to do so is not necessary/ has been obtained, where-so-ever data/tables/figures are quoted verbatim necessary from some other publication. I hereby indemnify Rashtriya Ayurveda Vidyapeeth for any sum or action, if the same is found copied or claimed by anybody. I further give my consent for publication of my paper in the Souvenir or its inclusion for presentation in the seminar, if selected.

Signature with date
Name and Postal Address
With contact numbers & e-mail.

लेखक द्वारा भरे जाने वाले प्रमाणपत्र

मैं.....एतद् द्वारा प्रमाणित करता हूँ कि राष्ट्रीय आयुर्वेद विद्यापीठ को भेजा गया लेख, जिसका शीर्षक है मेरा मूल एवं लेख है और यह पहले कहीं प्रकाशन नहीं हुआ है/..... पत्रिका में दिनांक पेज नं. पर प्रकाशित हैं। यह कि मैंने कहीं से इसकी नकल नहीं की है। आंकड़े/ तालिकाएं/ अंक जहां कहीं किसी अन्य प्रकाशन में शब्दशः उद्धृत करना आवश्यक था, मैंने पूर्व सूचित कार्यों का समुचित उद्धरण दिया है और यह कि इसके लिए अपेक्षित अनुमति ले ली है/ अनुमति लेना आवश्यक नहीं समझा गया। यदि यह नकल किया हुआ पाया गया या किसी के द्वारा इसका दावा किया गया पाया जाए तो मैं, एतद् द्वारा राष्ट्रीय आयुर्वेद विद्यापीठ को कोई भी राशि या कार्रवाई हेतु क्षतिपूर्ति करूँगा/करूँगी। अपि च मैं इस लेख का चयन के अनुसार इनका स्मारिका में प्रकाशित करने के लिए अनुमति देता/ देती हूँ।

तिथि सहित हस्ताक्षर
नाम एवं पता
समपर्क करने के लिए दूरभाष संख्या