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# 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) धन्वन्तरि भवन, मार्ग संख्या—66, पंजाबी बाग (पश्चिम), नई दिल्ली—110 026 Dhanwantari Bhawan, Road # 66, West Punjabi Bagh, New Delhi—110 026

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# **CIRCULAR**

# 25th NATIONAL SEMINAR ON 'AYURVEDA FOR LONGEVITY'

It is witnessed that in the last decades, due to the recent advancement in medical sciences, the life expectancy has gone up astoundingly in India. It is expected to share about 12.4% of the total population by 2026 and we would soon have more geriatric population. But the same time senior population fails to cope up with problems like frequent infections, lower immunity, degeneration, loss of senses and physical disability etc. In this scenario, Ayurveda could play an anchor role to cover up seniority problems by its unique concepts & treatment modalities.

Rasayana Tantra, one of the eight branches of Ayurveda is dedicated to rejuvenation, regeneration, immunomodulation, restricting progression towards senescence, along with enhancement of longevity, intellect, physical and mental strengths, and prevention from diseases through the concept of Vayasthapana, which may provide platform to a healthy senescence. The scope of Rasayana therapy is not necessarily restricted to medicines, but includes a combination of meditation, yoga, daily and seasonal diet & lifestyle interventions and Achar Rasayana (personal & social behavioral conducts). Unfortunately, in the current genome era, such unique treatment system still remains under explored. The non-pharmacological interventions related to lifestyle, diet and Panchakarma therapies by Ayurveda have been often overlooked.

Rashtriya Ayurveda Vidyapeeth (RAV), 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 "Ayurveda for Longevity" with the intention to bring out the best of Ayurveda strengths in the relevant area to share the experiences of senior practicing *Vaidyas* and enthusiastic young practitioners. This

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will be beneficial for humanity for addressing their day to day health problems and in turn for getting enhanced mental, physical and social health.

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

The Scholars, Scientists, Practitioners and Researchers of Ayurveda may submit <u>Original papers</u> on evidence-based experimental, research studies, clinical studies, case papers and review articles. <u>Poster presentations</u> are also invited.

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 asked for making oral presentation during the seminar and Oral paper presenters will be paid TA as per rules along with local hospitality. Only modest local hospitality will be provided to all selected poster presenters.

Please send your full paper and posters on or before 30<sup>th</sup> October, 2019. 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.

Rashtriya Ayurveda Vidyapeeth

For wide circulation:

## CERTIFICATE TO BE FURNISHED BY AUTHOR

1 do hereby certify that
submitted to Rashtriya Ayurveda Vidyapeeth (RAV), for consideration in the National Seminar on "Ayurveda for Longevity" 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 भरा जाने वाला प्रमाणपत्र
नै
राष्ट्रीय आयुर्वेद विद्यापीठ को 'दीर्घायु के लिए आयुर्वेद' पर राष्ट्रीय संगोष्ठी हेतु भेजा गया लेख, जिसका शीर्षक है मेरा मूल लेख है और
यह पहले कहीं प्रकाशित नहीं हुआ है/ पत्रिका में दिनांक पेज सं
् पर प्रकाशित हैं। यह कि मैंने कहीं से इसकी नकल नहीं की है। आंकडे/ तालिकाएं/ अंक जहां कहीं
किसी अन्य प्रकाशन में शब्दशः उद्धत 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 विद्यापीट को कोई भी राशि या कार्यवाही हेतु क्षति पूर्ति करूँगा / करूँगी। अपितु मैं इस लेख के चयन

के अनुसार इनका स्मारिका में प्रकाशित करने के लिए अनुमति देता / देती हूँ।

तिथि सहित हस्ताक्षर नाम एवं पता

## **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-ravdl@gov.in
- Paper already presented/published would not be considered in any case.

## Instructions for Poster Presentations:

- Young researchers in particular are invited to share their research work by means of a poster. <u>The presenting author must be present during the</u> <u>assigned session</u>.
- 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

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