

**“Ayurveda for One Health” with tag line,
‘Ayurveda for every one on every day’ i.e.
‘हर दिन हर किसी के लिए आयुर्वेद’**

Ayurveda dept. ESIC Model Hospital Jaipur is celebrating 8th Ayurveda Day; please take participation in these following online activities.

यदि प्रतिज्ञा पहले ही ले ली है तो वचनबद्धता का प्रमाण-पत्र प्राप्त करें। If already taken Pledge, Get the Certificate of Commitment

1. **Pledge/Oath** on My govt. platform concerning to use of ayurveda. <https://pledge.mygov.in/ayurveda-day/>
2. A **Quiz** on Ayurveda available on microcyte <https://ayurvedaday.org.in/> as well as on mygov.in <https://quiz.mygov.in/quiz/ayurveda-day-quiz/>
3. Ayurveda for One Health **National Level Poster Competition** on theme "*Ayurveda for everyone on every day*" <https://www.mygov.in/task/ayurveda-one-health-poster-competition/>
4. Ayurveda for One Health **Essay Contest** on theme “Ayurveda for one Health” <https://www.mygov.in/task/ayurveda-one-health-essay-contest/>
5. **Ayurveda Short Video Competition** on theme "*Ayurveda for everyone on every day*" <https://www.mygov.in/node/342651/>
6. Creation of Selfie stand/point for **selfie** and could be posted or uploaded on the Microcyte <https://ayurvedaday.org.in/selfie-point/> (**Selfie point - Ayurveda Day**).