

MOUNT LITERA ZEE SCHOOL, CONTAI
SESSION-2018-19
NOTICE

Date: - 11/04/18

Dear Parents

It may kindly be noted that in order to infuse in-depth knowledge about History of Ayurveda, we are going to conduct AYURVEDA OLYMPIAD 2018 (from classes 6 to 10) presented by CONFEDERATION OF EDUCATION EXCELLENCE in association with ALL INDIA INSTITUTE OF AYURVEDA. The participation fee for the said exam is Rs. 150 (per participant). The exam date will be intimated later. If you want to allow your ward to sit for the said exam, kindly give your consent at the back of this notice writing only in the form of 'YES' or 'NO'. The last date for registration is 23rd April 2018. The subject section is given below for the better preparation of the participants.

- HISTORY OF AYURVEDA
- FUNCAMENTALS OF AYURVEDA (BASIC INFORMATION)
- PREVENTIVE ASPECTS MENTIONED IN AYURVEDA
- CONCEPT OF AHARA (DIETARY REGIMEN)
- KNOWLEDGE ABOUT COMMON AILMENTS AND THEIR MANAGEMENT THROUGH AYURVEDA
- COMMONLY AVAILABLE HERBS AND FORMULATIONS OF AYURVEDA
- YOGIK PRACTICES

Your encouragement to your ward in this regard will be highly appreciated.

PRINCIPAL

