



भारत सरकार
आयुर्वेद, योग व प्राकृतिक चिकित्सा
यूनानी, सिद्ध, सोवा-रिग्पा एवं होम्योपैथी (आयुष) मंत्रालय
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स
आई.एन.ए., नई दिल्ली-110023

GOVERNMENT OF INDIA
MINISTRY OF AYURVEDA, YOGA & NATUROPATHY UNANI
SIDDHA, SOWA-RIGPA & HOMOEOPATHY (AYUSH)
"AYUSH BHAWAN", B-BLOCK, GPO COMPLEX
INA, NEW DELHI-110023

D.O No: S-11012/32/2018-IEC

Dated- 3rd Nov, 2020

Dear *Sa,*

As you are aware that Ministry of AYUSH is conducting "Ayush Jeevan Shakti", a video blogging contest on MyGov platform to increase awareness about AYUSH practices that help enhance Health and Immunity. The contest which will remain live till the 14th of November 2020, focuses on three areas of a healthy life, i.e, -Aahara (Diet), Vihara (Physical Activity) and Nidra (Sleep). This contest has got tremendous response across the country.

2. You are requested to publicize it in your Institutes, Colleges etc so that more and more Students and Practitioner can participate in the contest.

Following is the link of contest"-

<https://www.mygov.in/task/आयुष-से-जीवनी-शक्ति-video-blogging-contest/>

Yours sincerely,

Vijayalakshmi

(Vijayalakshmi Bharadwaj)

To

Dr. Anil Khurana,
Chairman,
Board of Governer,
Central Council of Homoeopathy,
61-65, Institutional Area, Opposite D Block,
Janakpuri, New Delhi-110058