

11th Ayurveda Day Celebrations
(September 23, 2026)

Institute of Teaching and Research in Ayurveda (ITRA)
Institute of National Importance, Jamnagar
is organizing
State Level Reel Competition

STATE LEVEL REEL COMPETITION
ANCIENT STAPLE MODERN PLATE
प्राचीन आहार आधुनिक थाली

Open for:
UG | PG | PhD Scholars of
ITRA, Jamnagar | Gujarat Ayurved University, Jamnagar
& All other Ayurveda Colleges (Deemed / Affiliated) of Gujarat State

CELEBRATE 11TH AYURVEDA DAY 23 Sept 2026
(23 Sept 2026)

CASH PRIZES!

1	1 st Prize: ₹15,000	SUBMISSION DEADLINE: 15 SEPT 2026 (BY 5:00 PM) COMPETITION DATE: 23 SEPT 2026
2	2 nd : ₹10,000	
3	3 rd : ₹5,000	

RULES & REGULATIONS

1. Participation: Individual or Team (Max 5 participants)
2. Duration: STRICTLY 60 SEC (For punch, IG allowed up to 90s)
3. Format: Vertical 9:16 | MP4 | Clear Audio & Video
4. Language: English/Hindi (Mandatory English captions if non-English)
5. Original Work: Plagiarism is strict disqualification (Minimal AI use)
6. Content: Suitable for Universal Viewing (No objectionable/Inappropriate content)
7. Submission: Final (No changes after submission)
8. Evaluation: Quality, Theme Appropriateness, Originality by Jury Panel
9. Incomplete forms/entries will be rejected.
10. Organizer reserves the right to accept/reject.

ITRA, INI JAMNAGAR | Ministry of Ayush, Govt of India

State level reel Competition winners

1st Avani Fichadiya and Revathy- ITRA, INI Jamnagar

2nd Kapuriya Taniya-IIAR&H, Rajkot

3rd Tanyia Rathod-Shree Bala Hanuman Ayurveda College
Lodhra