आयुर्वेद एवं वनौषधि-कनिष्ठ सहायक/Ayurveda evam vanaushadhi - kanishtha sahayak

अध्ययन हेतु अनुभव प्रमाण पत्र

(Experience Certificate for studies)

प्रमाणित किया जाता है कि श्रीमती सुश्री/ श्री.....,पुत्र/पुत्री श्री ..... ने वेदविद्यालय में दिनांक 02 मार्च 2026 से 31 अगस्त 2026 तक गुरु के अधीन निम्नलिखित गतिविधियों चरक-सुश्रुत-वाग्भट एवं उनके ग्रन्थों का सामान्य परिचय (चरकसंहिता, सुश्रुतसंहिता, अष्टाङ्गहृदय) के अनुसार छात्रावास की दैनिक व्यवस्था में सुबह का कार्य और विधि, व्यायाम की विधि और निषेध, स्नानविधि, भोजनविधि, अनैतिक कर्मों का त्याग, उपकार, समभाव, मधुरभाषण, इन्द्रियव्यवहार, शरीरशुद्धि, विहित तथा निषिद्ध कार्य, हेमन्त ऋतुचर्या, शिशिर ऋतुचर्या, वसन्त ऋतुचर्या, ग्रीष्म ऋतुचर्या, वर्षा ऋतुचर्या और शरद् ऋतुचर्या के अनुसार प्रतिदिन कार्य एवं अमरकोष के द्वितीय काण्ड के वनौषधि वर्ग में 77 व ऋग्वेद, यजुर्वेद, सामवेद एवं अथर्ववेद में निर्दिष्ट वनस्पतियों के अनुसार विद्यालय में स्थित गुरु की सन्निधि में औषधियों के संग्रह में सहायता करने में मनोयोग से कार्यस्थ है तथा सहायता प्रदान की थी।

प्रशिक्षणार्थी का आचरण हमारे संस्थान में वेदाध्ययन के साथ- साथ प्रशिक्षण के अन्तर्गत सराहनीय रहा है। हम उनके उज्ज्वल भविष्य हेतु अध्ययन को अद्यतन करने की कामना करते हैं।

हम इन्हें उज्ज्वल भविष्य हेतु अध्ययन को अद्यतन करने के लिए शुभकामनाएँ देते हैं।

गुरु नाम.....

हस्ताक्षर

विद्यालय/पाठशाला/इकाई.....

Ayurveda and Medicinal Plants – Junior Assistant

Experience Certificate for Study Purposes

This is to certify that Ms./Mrs./Mr. ....., son/daughter of Shri ....., has undertaken practical training under the guidance of a Guru at the Veda Vidyalaya from 02 March 2026 to 31 August 2026.

During this period, the trainee sincerely participated in and assisted with the following activities related to Ayurveda and medicinal plants:

- General Introduction to Charaka, Sushruta and Vagbhata and Their Classical Texts: Introduction to the *Charaka Samhita, Sushruta Samhita* and *Ashtanga Hridaya*.
- Daily Morning Routine: Learning and practising the prescribed morning routine and related procedures in the student hostel.
- Physical Exercise: Understanding the methods of exercise and the circumstances in which exercise should be avoided.
- Bathing Procedures: Learning the prescribed methods and practices of bathing.
- Dietary Practices: Understanding the proper methods of eating and the principles of a disciplined dietary routine.
- Ethical Conduct: Abstaining from unethical activities, practising benevolence, maintaining equanimity and speaking courteously.
- Conduct of the Senses: Understanding appropriate sensory behaviour and the importance of self-discipline.
- Body Purification and Personal Hygiene: Learning the principles of bodily cleanliness and purification.
- Prescribed and Prohibited Activities: Identifying activities recommended and those to be avoided according to Ayurvedic principles.
- Seasonal Regimens (*Ritucharya*): Studying and understanding the prescribed daily routines and lifestyle practices for all six seasons:
- Hemanta (early winter), Shishira (late winter), Vasanta (spring), Grishma (summer), Varsha (rainy season)
- Sharad (autumn)
- Study of Medicinal Plants through Amarakosha: Studying 77 verses relating to medicinal plants in the *Vanauṣadhi Varga* (medicinal plants section) of the second Kāṇḍa of the *Amarakosha*.
- Medicinal Plants Mentioned in the Vedas: Identifying and studying plants referred to in the Rigveda, Yajurveda, Samaveda and Atharvaveda.
- Assistance in the Collection of Medicinal Plants: Sincerely assisting the Guru at the Veda Vidyalaya in the collection of medicinal plants available on the school premises, under the Guru's guidance and supervision.

The trainee's conduct and participation in the training programme, alongside Vedic studies at our institution, have been commendable.

We wish the trainee every success in their future studies and endeavours.

Name of the Guru: .....

Signature: .....

Name of the School/Pathashala/Unit: .....

Seal of the Institution: .....

Date of Issue: .....