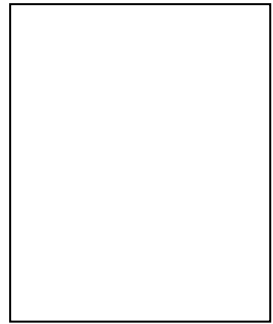


APPLICATION FORM
FOR YOGA VIDYA TRAINING
2020

Bihar School of Yoga
Ganga Darshan
Fort, Munger
Bihar 811201, India



YOGA VIDYA TRAINING – FOR YATRAS 1

The applicant should fill in this application form in CAPITAL LETTERS using black ink. All personal information disclosed here will be treated confidentially. The date for receiving applications with all annexure closes **1 month prior to commencement of the training**. Late and incomplete applications will not be accepted.

All guests are expected to abide by the rules of the ashram, maintain the discipline and also participate in the daily activities and seva. Admission policy is selective and a personal introduction is preferred when accepting applications. Bihar School of Yoga reserves the right of admission.

Yoga Vidya Training Sequence

The Yoga Vidya trainings are designed to develop a sequential, as well as deeper understanding of the vidya of each of the yogas. These are intensive advanced training programs for experienced practitioners who are sincere in their commitment and can follow the progression of traditional yoga sadhana. Based on the Yoga Chakra, the practices of hatha yoga, raja yoga and kriya yoga follow a systematic progression. Training in Hatha Yoga should be undertaken before embarking on the Raja Yoga Yatra, and then the Kriya Yoga Yatra. Within each of the yogas, there is a sequential yearly progression from Yatra 1 to Yatras 2. Those completing Yatra 1 will participate in Yatra 2 the next year, and so on.

The training being applied for is:

Tick	TRAINING / COURSE	DATE
	Hatha Yoga Yatra 1	14 th March to 20 th March
	Hatha Yoga Yatra 1	21 st November to 27 th November
	Raja Yoga Yatra 1	13 th April to 19 th April
	Raja Yoga Yatra 1	19 th September to 25 th September
	Progressive Yoga Vidya Training 1	1 st October to 30 th October
	Kriya Yoga Yatra 1 (after Hatha and Raja Yoga Yatra 1)	2 nd November to 8 th November

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Have you previously participated in any of the following at Ganga Darshan, Munger? Y / N

If yes, tick and provide details:

Tick	TRAINING / COURSE	DATE (MONTH/YEAR)
	Yogic Studies Course, 4 Months (Hindi / English)	
	Diploma in Yogic Studies Course, 1 year	
	Orientation in Yogic Science & Lifestyle, 2 / 3 months (Hindi)	
	Teachers Training / Yoga Instructors Course	
	Progressive Yoga Vidya Training 1 <input type="checkbox"/> / 2 <input type="checkbox"/>	
	Hatha Yoga Yatra 1 <input type="checkbox"/> / 2 <input type="checkbox"/> / 3 <input type="checkbox"/> / 4 <input type="checkbox"/>	
	Raja Yoga Yatra 1 <input type="checkbox"/> / 2 <input type="checkbox"/> / 3 <input type="checkbox"/> / 4 <input type="checkbox"/>	
	Kriya Yoga Yatra 1 <input type="checkbox"/> / 2 <input type="checkbox"/> / 3 <input type="checkbox"/>	
	Yoga Chakra	

Do you have any other previous Yogic training? Y / N If yes, give details including course name/s, place, duration, syllabus, teacher/s, etc. Please attach a copy of certificates attained and your curriculum vitae (CV):

* Not required if applying for 2nd Yatra of the Series, i.e., Hatha Yoga / Raja Yoga / Kriya Yoga Yatra 2

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FOR INDIAN NATIONALS ONLY: I enclose herewith the advance remittance of Rs. 2000/- in favour of Bihar School of Yoga, Munger, which I understand is non-refundable and non-transferable.

Demand draft No. _____ Dated: _____ Bank: _____

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FOR OFFICE USE ONLY

Application form received on: By: post / hand / other along with:

Photos Photocopies of: Passport PAN card / Aadhaar card

Curriculum Vitae (CV) Medical report List of current medications

Declaration by applicant

Other:

Admission letter sent on:By: post / hand / other

Advance Rs. 2000/- received: Yes Receipt no.Date:.....

Amt. due upon admission: Receipt no.:.....Date:.....

Date, mode & time of arrival: Date of admission:.....

Date of departure:..... Reason for departure:

Remarks:.....

.....

Application form received by:

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PERSONAL INFORMATION

1. Full name:
2. Spiritual name (if any):
3. Diksha: Mantra / Jignasu / Karma / Poorna (circle one) Given by:
4. Sex: Male Female
5. Age in years: Date of birth: Day Month Year
6. Marital status Married Unmarried
7. Phone number: Home: Mobile: Work:
8. Permanent address:
.....
..... Pin/Zip
9. Full Postal address (if different from permanent address):
.....
..... Pin/Zip
10. Your email ID: Website:

PERSONAL IDENTIFICATION

11. Drivers license no.: valid until:
12. Voter ID: Aadhaar card:
13. Facebook ID: Twitter ID:
14. Present nationality: Nationality at birth:
15. Name, contact no. and/or e-mail address of a Satyananda Yoga teacher as a reference:
.....
Overseas applicants to provide passport details:
16. Passport no.: Issued by: valid until:
17. Birthplace: City: State: Country:
18. Native language:
19. English proficiency: Fluent Average Poor
20. Other spoken languages and level of proficiency:

Note: The Yoga Vidya Training is conducted in English medium and proficiency is required. If during admission English is found to be insufficient you will not be eligible.

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EMERGENCY CONTACT

21. In case of emergency, notify my: Name:.....

Phone: Email:

FAMILY DETAILS

	Name	Age	Profession
22. Husband/wife
Father
Mother
Name and age of children, if any:			
.....			

EMPLOYMENT & PROFESSION

23. Professional qualifications:.....
.....

24. Present occupation/profession:

Company name and address:

.....

Name of reference: Position:

Contact number: Email:

YOGA & ASHRAM EXPERIENCE

25. Do you have experience in yoga teaching? Y / N If yes, as:

Yoga Teacher

Yoga Consultant

Yoga Therapist

a) Give details:

.....

b) Place of teaching (home, ashram, hospital, school, etc.):

c) Duration:

d) Location (city, town, village):

e) Country:

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f) Name and contact details of a person as reference:

26. List the major books on yoga, sannyasa and spiritual life you have read:

27. Have you written any papers, articles and/or books on yoga or related topics? Y / N
If yes, provide details:.....

28. Propagation (conducted / organised / participated) – please list (give details on a separate sheet if required):.....

a) Yoga camps:

b) Lectures/seminars on yoga:

c) Sadhana programs:

29. What is the aim of your yoga practice (physical health / mental wellbeing / concentration / emotional wellbeing / psychic / spiritual / other)?.....

30. My reason and intention for participating in the training is:.....

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31. Have you stayed at Munger ashram before? Y / N If yes, list periods of ashram experience:

Year Duration Purpose

Year Duration Purpose

Year Duration Purpose

32. Have you stayed at Rikhia ashram before? Y / N If yes, list periods of ashram experience:

Year Duration Purpose

Year Duration Purpose

Year Duration Purpose

33. Have you visited any other ashram? Y / N If yes, give details:

Year	Ashram name, location	Duration of stay	Activity/involvement
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SOCIAL ACTIVITIES

34. List your main hobbies and skills:

.....

.....

35. Do you prefer solitude or the company of others?

36. Are you active in public life in any capacity? Y / N If yes, give details:

.....

37. Are you or any member of your family related to any political or religious organizations? Y / N

If yes, give details:

.....

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38. Have you ever been prosecuted for any criminal offence? Y / N If yes, give full details of offence committed and sentence undergone:

.....
.....

39. Are you willing to participate in the ashram activities wholeheartedly? Y / N.....

40. List the skills you have to assist with ashram activities (driving / gardening / electrical / musical / IT/computer, etc.):

.....
.....
.....

LIFESTYLE

41. List any form of exercise that you do during the week:

.....

42. How many days of the week do you exercise?

43. Frequency of yoga asana, pranayama practice:..... days per week.

44. Frequency of yoga nidra practice:.....days per week

45. Frequency of mantra practice: days per week.

46. How many hours per day do you work professionally? Hours.

47. How many hours per night do you sleep?.....Hours.

48. How many days of the week do you eat non-vegetarian food?

49. List any habits, such as alcohol, drugs, smoking, tea, coffee, etc.

.....

50. Do you have any dietary restrictions? Y / N If yes, give details:

.....

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MEDICAL DETAILS

51. Are you taking any medication/s at present? Y / N If yes, give name and for what condition:

a).....

b).....

c).....

52. If you have any current physical health problems, allergies, illnesses or diseases, give full details on a SEPARATE SHEET; including medication being taken, restrictions in and management of the condition, and provide below the contact details and phone number of your doctor in the case of an emergency:

.....

.....

53. Have you suffered from any major illness in the past? Y / N If yes, give details:

a).....

b).....

c).....

54. Do you have a history of any mental health issues, i.e., anxiety, panic attacks, depression, etc.? Y/N If yes, give details of symptoms, duration, treatment and present condition:

.....

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55. If you have any current mental or emotional health issues please give full details on a SEPARATE SHEET; including medication being taken, restrictions in management of the issue, and provide below the contact details and phone number of your doctor in the case of an emergency.

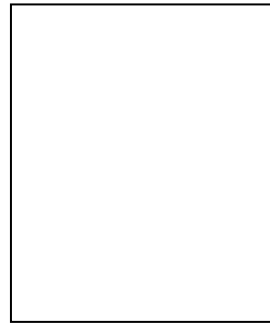
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DECLARATION BY THE APPLICANT

1. *I, the undersigned, declare that the information given in this application is true, complete and accurate to the best of my knowledge.*
2. *I understand that if during the interview and admission procedure it is found that the information given in this form is incorrect, I will not be eligible.*
3. *I understand that proficiency in English language is required. If during the interview and admission procedure my English is found to be insufficient I will not be eligible.*
4. *I further declare that there are no criminal or civil litigation or charges against me.*
5. *I am solely responsible for my health, welfare and medication while I undergo yoga training in the campus.*
6. *I am of sound physical, mental and emotional health. If found to be not in good health, I will leave the training and campus for proper medical care.*
7. *In case of any emergency or unforeseen medical situation or treatment, all expenses will be borne by me and I will not hold Bihar School of Yoga liable in any regard in relation to the same.*
8. *I will contribute to and participate in all the activities of the ashram wholeheartedly in the spirit of nishkama seva (service without personal motive).*
9. *During my stay I will lead a life of sanyam (restraint in thought, word and deed), sahayoga (willing cooperation) and shanti (harmony & peace) and follow all the rules of Bihar School of Yoga, Ganga Darshan Campus.*

Signed

Date.....

Checklist of documents to enclose with this application:

- 2 current passport-size photos
- Photocopy Aadhaar card/Pan card (national applicants)
- Photocopy of passport (overseas applicants)
- Medical details if applicable
- CV

For Indian nationals only

- Advance remittance by demand draft no.for Rs.2000/-
- Self-addressed, stamped envelope for *Registered Post*