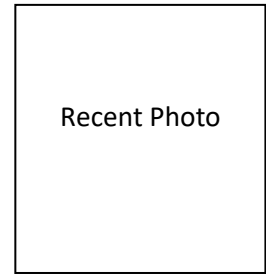


**APPLICATION FORM
BIHAR YOGA BHARATI
FOR YOGIC STUDIES 2023**

*Bihar Yoga Bharati
Institute of Advanced Studies
In Yogic Sciences
Yoga Vidya Campus
P.O. Ganga Darshan
Fort, Munger, Bihar, 811201, India*



Before completing this Application Form, please note that due to the global pandemic, a new arrival protocol is in place in Ganga Darshan. Please ensure that you can comply with the following:

1. You need to have both Covid vaccinations. Please send your **vaccination certificate along with this application, without which your application will not be considered.**
2. You need to come with a **negative RTPCR test within 48 hours before arrival at the ashram.**

Please fill in this application form in **CAPITAL LETTERS using black ink** and sent with all required annexures to:

Bihar Yoga Bharati, Yoga Vidya Campus, P.O. Ganga Darshan, Fort, Munger, Bihar, 811201, India.

All personal information disclosed here will be treated confidentially. Bihar Yoga Bharati reserves the right of admission. **PLEASE DO NOT LEAVE ANY FIELD BLANK.** The date for receiving applications with all annexure closes **2 months prior to commencement of the training.** Late and incomplete applications will not be accepted.

PLEASE NOTE: LATE AND INCOMPLETE APPLICATION FORMS WILL NOT BE CONSIDERED IN THE SELECTION PROCESS FOR ADMISSION.

The training being applied for is:

Tick	TRAINING	DATE
	Yogic Studies, 2-month, English medium (for nationals and overseas applicants)	15 th April to 15 th June 2023
	Yogic Studies, 2-month, Hindi medium (for nationals applicants)	7 th August to 7 th October 2023

Have you applied for any training conducted by Bihar Yoga Bharati previously? Y / N If yes, give details:

.....
.....

Have you previously studied yoga otherwise? Y / N If yes, briefly list details below:

Year Duration Course name/place

Year Duration Course name/place

Year Duration Course name/place

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ENCLOSURES

Candidates seeking admission are required to send the application form completed in all respects along with the following enclosures (please check carefully before dispatching the form):

1. Certified copies of the marksheet and certificates of your highest educational qualification
For overseas candidates from non-English speaking countries, attested English translations must be provided
2. Proof of date of birth (Minimum Age is 18 years; Maximum Age is 60 years)
3. Passport-sized current photographs x 4
4. Copy of report of medical history, if applicable
5. Final Covid Vaccine certificate

For overseas applicants:

6. Copy of passport (photo page)

For applicants from India and Nepal:

5. Copy of identity card (for Indians either Adhaar card or PAN card only)
6. Application fee of Rs 5,000/- for processing the application, which is non-refundable and will be adjusted from total course charges, payable by demand draft in favour of: **Bihar Yoga Bharati, Munger**, payable at Munger.
7. Self-addressed, stamped envelope for Registered Post.

N.B. The original certificates will have to be presented at the time of admission/registration for verification.

For applicants from India:

I enclose herewith the advance remittance of Rs. 5,000/- in favour of Bihar Yoga Bharati, Munger, payable at Munger as application fee for processing the application, which I understand is non-refundable and non-transferable..

Demand draft No. _____ Dated: _____ Bank: _____

FOR OFFICE USE ONLY

Processing No:.....

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

Four Photos PAN card / Aadhar card copy (national) Passport copy (overseas)

Curriculum Vitae (CV) List of current medications Medical report

Covid Vaccination Certificate Declaration by applicant

Other:

Course:Session:

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

Processing fee received: Yes Rs. Receipt no.: Date:

By DD no.: Dated: Bank:

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

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

Date of departure: Reason for departure:

Certificate given: Grade given: Date:

Remarks:

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PERSONAL INFORMATION

1. Surname: Given names:
2. Spiritual name (if any): Given by:
3. Date of birth: Day Month Year Age in years
4. Sex: Male Female
5. Age in years: Date of birth: Day Month Year
6. Marital status: Married Unmarried
7. Birthplace – City: State: Country:
8. Present nationality: Nationality at birth:
9. Native language:
10. Knowledge of English: Fluent Average Poor
Hindi: Fluent Average Poor
11. Other spoken languages and level of proficiency:
.....
12. Permanent address:
.....
..... Pin/Zip
13. Phone number: Home: Mobile: Work:
14. Your email ID: Website:
15. Present address (if different):
.....
..... Pin/Zip
16. In case of emergency, please contact: Name:
Relation: Phone:
Email:

PERSONAL IDENTIFICATION

17. Driver's license no.: valid until:
18. *For nationals:* Voter ID: Aadhaar Card:
For Overseas applicants: Passport no. Valid until:.....
19. Facebook ID: Twitter ID:

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FAMILY DETAILS

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

EDUCATION / QUALIFICATION

21. Are you currently undertaking courses or studies in another educational institution (school, college, university) that will necessitate travelling in and out during your course of study at Bihar Yoga Bharati? Y / N
If yes, give details:
-
-
22. Give details of academic qualifications, including year passed:
-
-
23. Special skills/hobbies:
-
-

EMPLOYMENT & PROFESSION

22. Professional qualifications:
-
-
23. Present occupation/profession:
-
24. Current employer:
-

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Previous employment/professional details (give details of last two positions):

Position 1:

Year / duration:

Employer's name & contact details:

.....

Place of employment:

Reason for leaving:

Position 2:

Year / duration:

Employer's name & contact details:

.....

Place of employment:

Reason for leaving:

YOGA & ASHRAM EXPERIENCE

25. Do you have experience in yoga teaching? Yes / No 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:

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

.....

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

.....

.....

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27. Have you written any papers, articles and/or books on yoga or related topics? Yes / No
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. 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
31. Have you visited any other ashram? Y / N If yes, give details:
Year Ashram name, location Duration of stay Activity/involvement
.....
.....

SOCIAL ACTIVITIES

32. List your main hobbies and skills:
.....
33. Do you prefer solitude or the company of others?

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34. Are you active in public life in any capacity? Y / N If yes, give details:
-
35. Are you or any member of your family related to any political or religious organizations? Y / N
- If yes, give details:
-
36. Have you ever been prosecuted for any criminal offence? Y / N If yes, give full details of offence committed and sentence undergone:
-
-
37. Are you willing to participate in the ashram activities wholeheartedly? Y / N
38. List the skills you have to assist with ashram activities (driving / gardening / electrical / musical / IT / computer, etc.):
-
39. My reason and intention for participating in the training is:
-
-

LIFESTYLE

40. List any form of exercise that you do during the week:
-
41. How many days of the week do you exercise?.....
42. Frequency of yoga asana, pranayama practice: days per week.
43. Frequency of yoga nidra practice: days per week.
44. Frequency of mantra practice:.....days per week.
45. How many hours per day do you work professionally?.....Hours.
46. How many hours per night do you sleep? Hours.
47. How many days of the week do you eat non-vegetarian food?

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

.....
.....

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

.....

MEDICAL DETAILS

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

a)

b)

c)

51. 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:

.....

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

a)

b)

c)

53. 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:

.....

.....

.....

54. 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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MEDICAL REPORT *MANDATORY

TO BE COMPLETED BY A REGISTERED MEDICAL PRACTITIONER ONLY

I have examined the applicant.....on.....and my findings are:

1. Symptoms:

.....

.....

.....

2. Present/past medical history: (please tick ✓ if applicable; cross ✗ if not applicable)

- | | | | |
|------------------------------------------|------------------------------------|-----------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Mental disorder | <input type="checkbox"/> Addiction | <input type="checkbox"/> Kidney disease | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Thyroid disease | <input type="checkbox"/> Asthma | <input type="checkbox"/> High BP | <input type="checkbox"/> Allergy |
| <input type="checkbox"/> Arthritis | <input type="checkbox"/> IHD | <input type="checkbox"/> TB | <input type="checkbox"/> Communicable diseases |
| <input type="checkbox"/> COVID 19 | | | |

3. Vision: Normal Myopia 4. Spine & joints: Normal Deformity

5. Pulse:..... 6. BP:..... 7. Respiration:.....

8. Palpation: i) Abdomen:..... ii) Lymph nodes:.....

9. Auscultation i) Heart:..... ii) Lungs:.....

10. Blood group:

11. Current medication:.....

.....

Name of medical practitioner:.....

Address:.....

Signature:..... Date:..... Registration no.:..... Seal:.....

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QUESTIONNAIRE FOR INCOMING STUDENTS

Participating in the Yogic Studies or Yoga Training at Bihar Yoga Bharati is a unique experience of the dynamic balance between head (intellect), heart (emotions) and hands (creative action) which takes one's personal learning of yoga beyond the boundaries of the classroom, to experience living yoga in daily life. The yogic lifestyle takes place in a yogic retreat situation, within the tradition of a gurukul, 'living as the family of the guru', which is as essential as the academic pursuits. This makes Bihar Yoga Bharati unique among the educational institutes in the world today.

The yogic lifestyle in the ashram is characterized by simplicity in accommodation, food, dress, communication, interactions and facilities. The basis of this atmosphere is seva (selfless service), sadhana (using every situation as a practice for growth), swadhyaya (self-observation) and satsang (connection with positivity and inspiration). To maintain a positive atmosphere that leads to greater self-awareness, the ashram routine is based on inner and outer disciplines. Immersion in the disciplines, rhythm and routine of the ashram without the distractions of everyday life allows one to acquire deeper self-understanding, knowledge, health, wellbeing and peace. Although the benefits of adhering to the routine are immeasurable, the lack of comfort and external distractions can be challenging. Therefore, the following questionnaire will help you to assess whether the course at Bihar Yoga Bharati is suitable for you.

ASHRAM ENVIRONMENT/GURUKUL LIFE

TICK YOUR ANSWER TO EACH QUESTION:

1. Do you realize that the environment of the yogic institute is like a retreat and its lifestyle and discipline are different to other institutes?
 Yes **No**
2. Do you think you could adapt to a closed campus where external movement is limited?
 Yes **No** **I'll try**
3. Can you accept that, while studying in the institute, you will be living in a gurukul, sharing all the responsibilities, duties, and simple joys of an ashram resident in a retreat-like environment?
 Yes **No** **I'll try**
4. Can you adjust to living in a sub-tropical climate where seasons and temperatures can be extreme?
 Yes **No** **I'll try**
5. Do you think you can adjust to a culture which is quite different in tradition and views to your own?
 Yes **No** **I'll try**
6. Can you manage without internet, email, social media, electronic equipment, newspapers, television, radio and video?
 Yes **No**

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7. Can you manage with minimum communication facilities, such as restricted use of telephone on-campus?
 Yes No
8. Since mobile phones are strictly prohibited on the campus, can you manage without a mobile phone?
 Yes No
9. As there are no charging facilities for electronic gadgets, can you manage without a computer/ laptop and wi-fi, etc.?
 Yes No
10. Since Munger is a rural area in the heartland of Bihar, can you manage with no access to external banking facilities, slow encashment procedures and no ATM facility on-campus?
 Yes No
11. Can you accept that 90% attendance in all classes, karma yoga and lifestyle activities is necessary during the tenure of the training?
 Yes No
12. Can you remain within the gurukul campus for the full duration of the course, without going outside (which means no access to external banking facilities, no shopping or email/internet etc.)?
 Yes No

DIET AND ACCOMMODATION

13. Can you adjust to a simple vegetarian diet, which is based on grains, vegetables and pulses?
 Yes No
14. Can you adjust to fixed meal timings, with no snacks provided in between?
 Yes No
15. Can you share a room with one or two more students?
 Yes No
16. Can you adjust to shared toilet and bathroom facilities?
 Yes No
17. Can you manage without hot water in winter?
 Yes No

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YOGIC DISCIPLINES

18. Could you wear the simple, comfortable recommended dress of pyjama (loose trousers) and kurta (loose shirt), for classes and formal activities?
- Yes No
19. Can you get up early morning every day before 5:00am for your first class of the day?
- Yes No
20. Can you adjust to early nights and lights out by 8:30pm?
- Yes No
21. Can you remain silent during meals and tea-time and between 6:00 pm to 6:00 am?
- Yes No
22. Can you manage without cigarettes, alcohol and intoxicating drugs, the use of which is prohibited on the campus?
- Yes No
23. In the spirit of selfless service, will you voluntarily work within the ashram in the garden, kitchen, offices, etc., as part of your daily routine?
- Yes No
24. Can you live in a yogic community where close friendships and intimate relationships are not encouraged?
- Yes No

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Recent Photo

DECLARATION BY THE APPLICANT

I..... , hereby declare that the information given in this application is true, complete and accurate to the best of my knowledge.

1. *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.*
2. *I understand that proficiency in Hindi / English language is required. If during the interview and admission procedure my Hindi / English is found to be insufficient I will not be eligible.*
3. *I further declare that there are no criminal or civil litigation or charges against me.*
4. *I am solely responsible for my health, welfare and medication while I undergo yoga training in the campus.*
5. *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.*
6. *In case of any emergency or unforeseen medical situation or treatment, all expenses will be borne by me and I will not hold Bihar Yoga Bharati liable in any regard in relation to the same.*
7. *I will contribute to and participate in all the activities of the ashram wholeheartedly in the spirit of nishkama seva (service without personal motive).*
8. *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 Yoga Bharati Campus.*
9. *If I am not able to follow the above, and/or the Administration asks me to leave, I agree to do so at the earliest.*
10. *Foreign Nationals only: As per the requirements of the Indian authorities, I will not be associated with the activities of any non-government organisation (NGO) during my stay in India.*

Bihar Yoga Bharati Institute has all the right to vary and/or reverse any decision made on the basis of incorrect or incomplete information. I further understand that Bihar Yoga Bharati may, for the purpose of verification, obtain official records from any institute or employer mentioned by me in this application.

Signed Date.....

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CHECKLIST

Checklist of documents to enclose with this application:

- Completed questionnaire
- Certified copies of the marksheet and certificates of your highest educational qualification (incl. English attested translations for overseas candidates from non-English-speaking countries)
- Proof of date of birth
- Current passport-sized photos x 4
- Final Covid Vaccine certificate
- Copy of report of medical history, if applicable

For applicants from India (additional requirements):

- Photocopy of Aadhaar card / PAN card
- Self-addressed, stamped envelope for Registered Post
- Application fee of Rs 5,000/-, payable by demand draft in favour of Bihar Yoga Bharati, Munger, payable at Munger, for processing the application

For overseas applicants (additional requirements):

- Photocopy of passport