

APPLICATION FORM
ASHRAM LIFE EXPERIENCE
2026

Ganga Darshan
Munger
Bihar 811201, India

Recent Photo

Please 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. The ashram reserves the right of admission to any training, program or event.

Please note that:

1. The duration for Ashram Life Experience is minimum **1 month, from 1st to 30th of each month**.
2. You should plan to **arrive at the ashram between 1st and 5th of the month**.

The month for which Ashram Life Experience 2026 being applied for is:

Intended arrival date:; departure date:

FOR OFFICE USE ONLY

1 Photo (affixed to form) ☐ Aadhaar card copy (national) ☐ Passport copy (overseas) ☐

Declaration by applicant Other:

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

PERSONAL INFORMATION

1. Full name:
2. Spiritual name (if any):
3. Diksha: Mantra / Jignasu / Karma / Poorna (circle one) Given by:
4. Sex: Male ☐ Female ☐ Other ☐
5. Age in years: Date of birth: Day Month Year
6. Marital status: Married ☐ Unmarried ☐
7. Permanent address:
.....
..... Pin/Zip

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8. Full Postal address (if different from permanent address):
.....
..... Pin/Zip
9. Your email ID: Website:
10. Phone number: Mobile: Home: Work:
11. In case of emergency, please contact:
Name: Relation:
Phone: Email:

PERSONAL IDENTIFICATION

12. Present nationality: Nationality at birth:
13. Birthplace: City: State: Country:
14. Drivers license no.: valid until:
15. *For nationals:* Voter ID: Aadhaar Card:
For Overseas applicants: Passport no. Valid until:.....
16. Native language:
17. English proficiency: Fluent ☐ Average ☐ Poor ☐
18. Spoken languages and level of proficiency:.....
19. Present occupation/profession:

ASHRAM EXPERIENCE

20. Have you stayed at Munger ashram before? Y / N If yes, list periods of ashram experience:
Year Duration Purpose
Year Duration Purpose
21. Have you visited any other ashram? Y / N If yes, give details:
Year Ashram name, location Duration of stay Activity/involvement
.....
.....
22. How are you connected to Satyananda Yoga, or were you referred by someone? Give details:
.....
.....

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SOCIAL ACTIVITIES

23. List the skills you have to assist with ashram activities (driving / gardening / electrical / musical / IT / computer, etc.):
24. Have you ever been prosecuted for any criminal offence? Y / N If yes, give full details of offence committed and sentence undergone:
25. My reason and intention for participating in the training is:

MEDICAL DETAILS

26. Do you have any current physical health problems, allergies, illnesses or diseases? Y / N
If yes, give details including medication being taken, restrictions in and management of the condition:
27. Have you suffered from any major illness in the past? Y / N If yes, give details:
a)
b)
28. Do you have any current mental health issues, i.e. anxiety, panic attacks, depression, etc.? Y / N
If yes, give details including medication being taken, restrictions in and management of the condition:
29. 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:
30. Are you taking any medication/s at present? Y / N If yes, give name and for what condition:
a)
b)
c)
31. Do you have any dietary restrictions? Y / N If yes, give details:

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QUESTIONNAIRE FOR ALL ASHRAM LIFE EXPERIENCE APPLICANTS

Participating in the Ashram Life Experience at Bihar School of Yoga 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 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 Ashram Life Experience is suitable for you.

Choose your answer to each question.

a. ASHRAM ENVIRONMENT/GURUKUL LIFE

1. Do you realize that the environment of an ashram, 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
3. Can you accept that, while staying in the ashram, you will be living in a gurukul, sharing all the responsibilities, duties, and simple joys of an ashram resident?
☐ Yes ☐ No
4. Can you adjust to living in a sub-tropical climate where seasons and temperatures can be extreme?
☐ Yes ☐ No
5. Do you think you can adjust to a traditional culture and mindset may be quite different to your own?
☐ Yes ☐ No
6. Can you manage without television, internet, email, social media, mobile, iPad / tablets?
☐ Yes ☐ No
7. Can you manage with minimum communication facilities, such as restricted use of public telephone facilities on-campus?
☐ Yes ☐ No
8. Since mobile phones are strictly prohibited in the ashram, can you manage without a mobile phone?
☐ Yes ☐ No

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9. As there are no charging facilities for electronic gadgets, can you manage without a computer/ laptop / power bank 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 remain within the ashram for the full duration of the training, without going outside (which means no access to external banking facilities, no shopping or email/internet etc.)?

☐ Yes ☐ No

b. 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 training participants?

☐ 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

c. YOGIC DISCIPLINES

18. Could you wear the simple, ashram dress of white pyjama (loose trousers) and kurta (loose shirt), during your stay?

☐ 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 in the ashram?

☐ Yes ☐ No

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23. In the spirit of selfless service, will you voluntarily work within the ashram in the garden, kitchen, offices, program venues, 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

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 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 participate in the programs and activities 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 School of Yoga 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 School of Yoga, Ganga Darshan 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.*

Signed

Date.....

Checklist of documents to enclose with this application:

- ☐ 1 current passport-size photo (affixed to form)
- ☐ Photocopy of Aadhaar card (national applicant)
- ☐ Photocopy of passport (overseas applicant)
- ☐ Medical details (including Medical Report or Medical Fitness Certificate) if applicable
- ☐ Self-addressed, stamped envelope for *Speed Post* (national applicant)